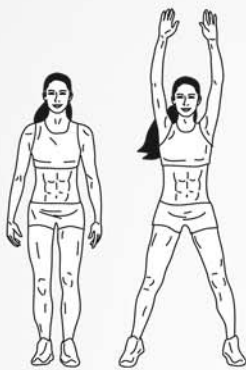


Hot Mess

DAREBEE WORKOUT @ darebee.com

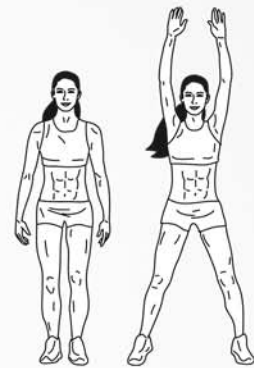
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



6 jumping lunges



20 jumping jacks



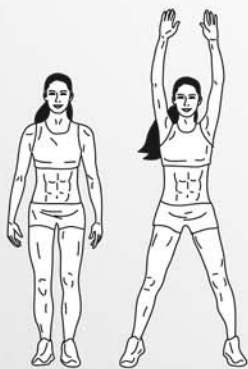
20sec elbow plank



20sec raised leg plank



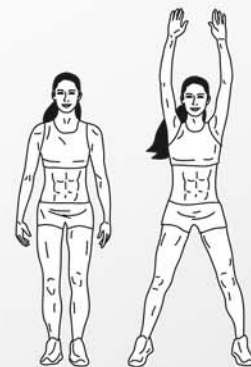
20sec side plank



20 jumping jacks



6 basic burpees w/jump



20 jumping jacks