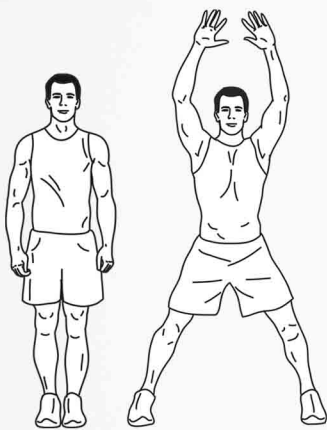


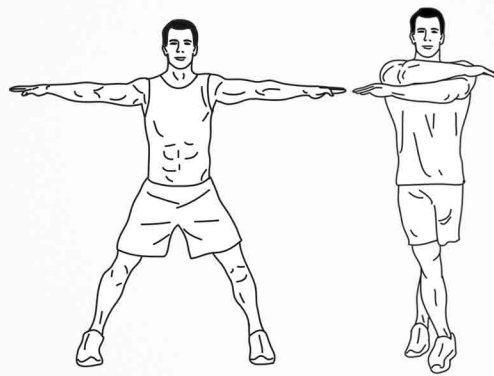
JACKS

DAREBEE WORKOUT @ darebee.com

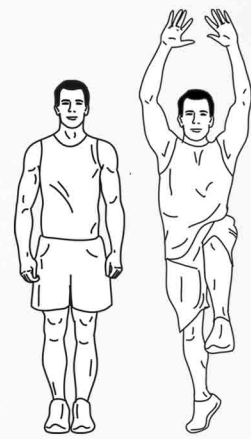
LEVEL I 10 reps **LEVEL II** 20 reps **LEVEL III** 24 reps each
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



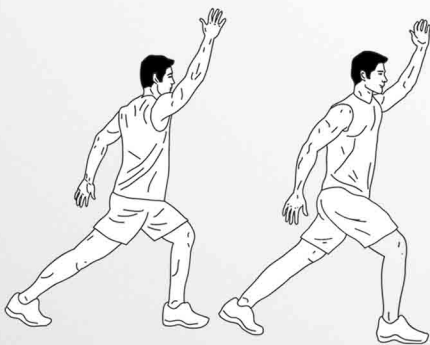
jumping jacks



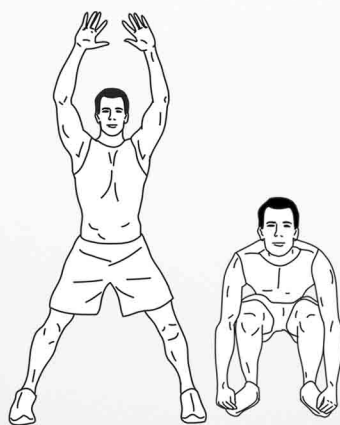
cross-jacks



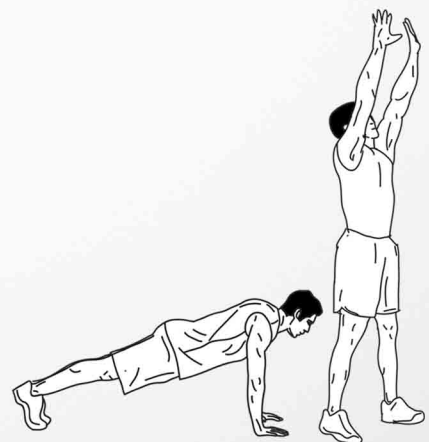
high knee jacks



split jacks



squat jacks



plank jumping jack