

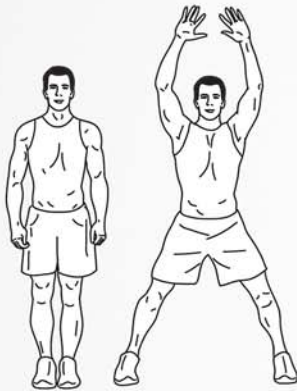
LAST LIFE

DAREBEE WORKOUT

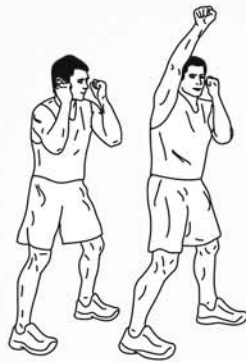


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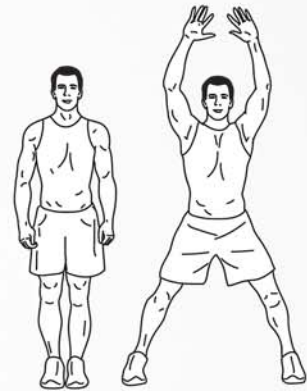
Repeat 5 times in total up to 2 minutes rest between sets



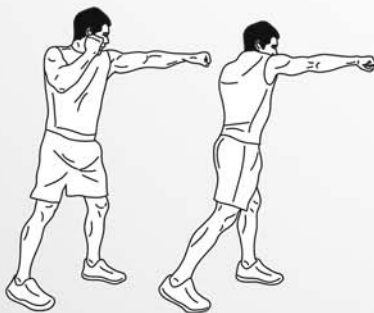
10 jumping jacks



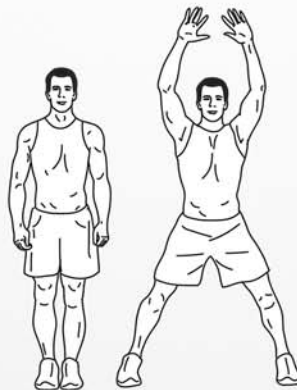
20 overhead punches



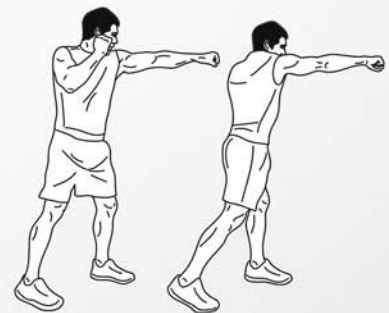
10 jumping jacks



20 punches



10 jumping jacks



20 punches