

LIVE LONG

DAREBEE WORKOUT

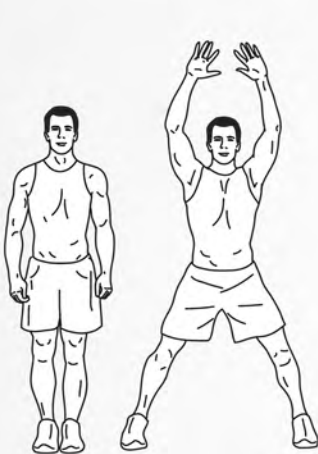
@ darebee.com

Level I 3 sets

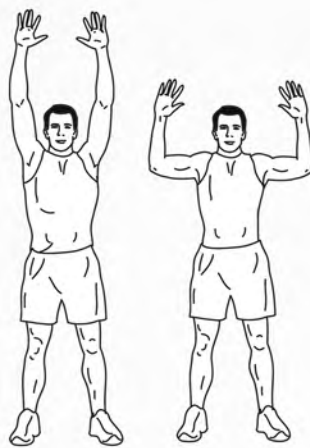
Level II 5 sets

Level III 7 sets

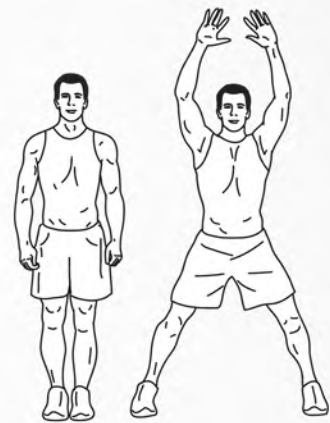
2 minutes rest



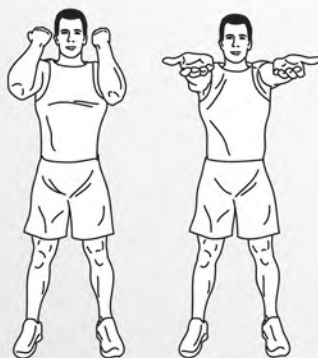
10 jumping jacks



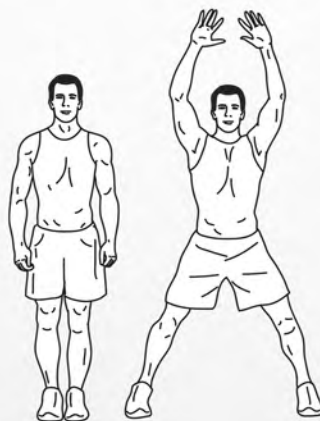
20 standing W-extensions



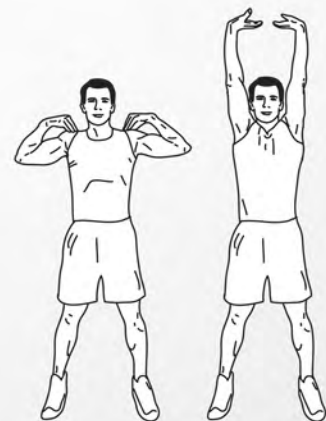
10 jumping jacks



20 bicep extensions



10 jumping jacks



20 shoulder taps