

GO AHEAD

MAKE MY DAY

DAREBEE WORKOUT

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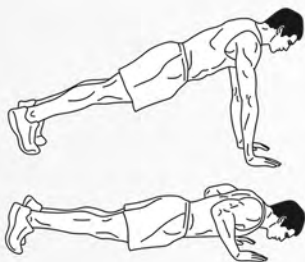
LEVEL I 3 sets

LEVEL II 5 sets

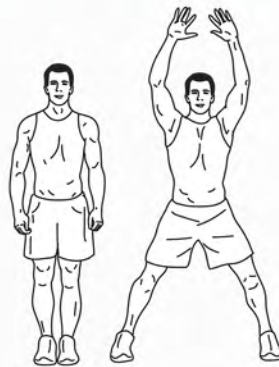
LEVEL III 7 sets

up to 2 minutes

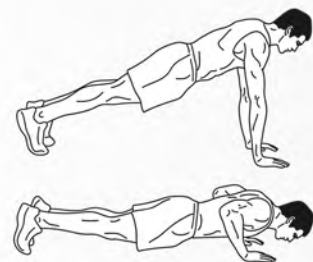
rest between sets



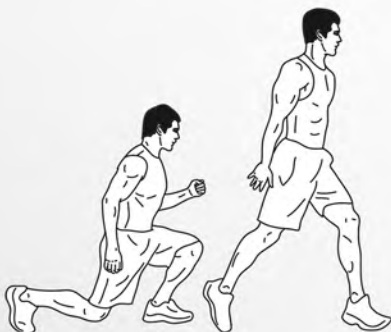
2 push-ups



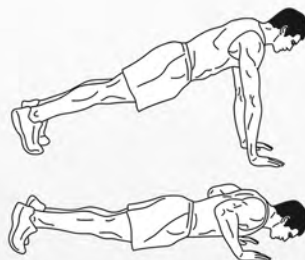
10 jumping jacks



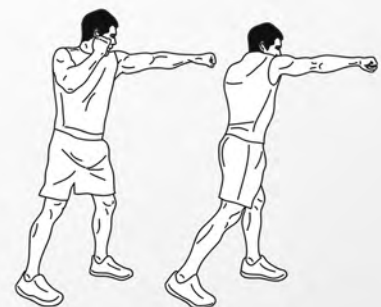
2 push-ups



10 jumping lunges



2 push-ups



10 punches