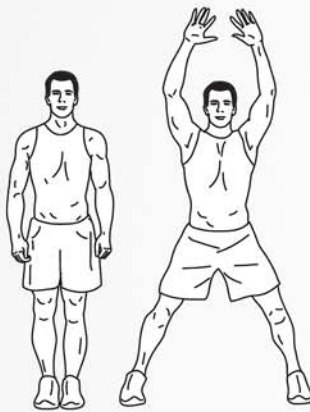


# MEMENTO MORI

DAREBEE WORKOUT

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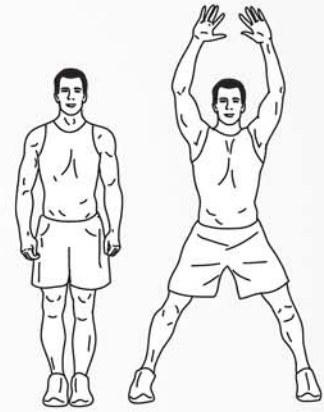
5 sets | 2 minutes rest



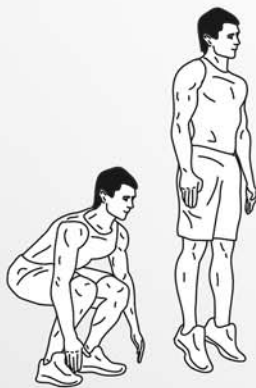
**20** jumping jacks



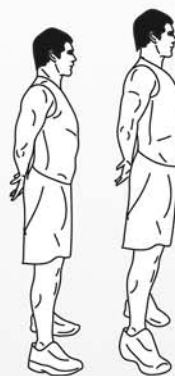
**5** jump squats



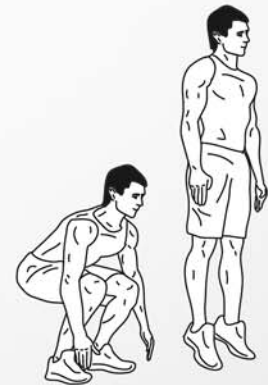
**20** jumping jacks



**5** jump squats



**20** calf raises



**5** jump squats