

YOU'VE GOT TO

MOVE IT MOVE IT'

WORKOUT
BY DAREBEE

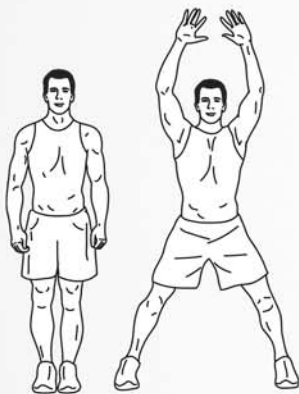
@ darebee.com

Level I 3 sets

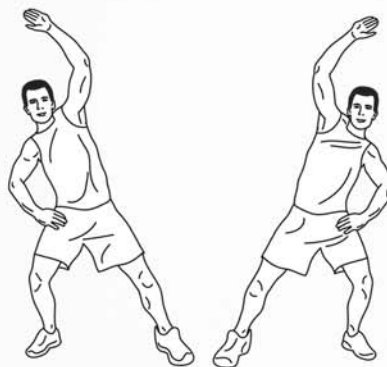
Level II 5 sets

Level III 7 sets

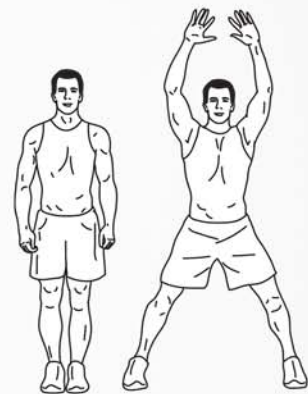
2 minutes rest



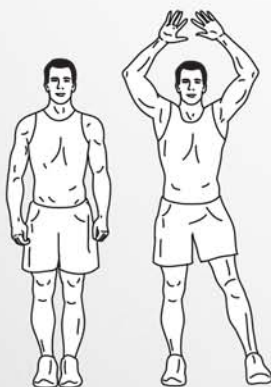
10 jumping jacks



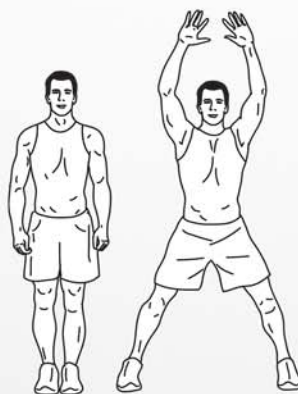
10 side jacks



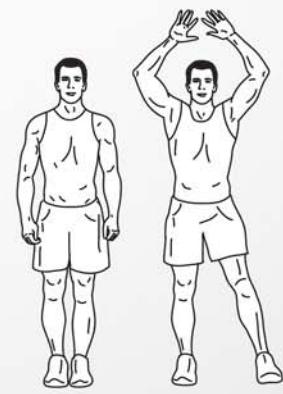
10 jumping jacks



10 step jacks



10 jumping jacks



10 step jacks