

NOT AWAKE YET

DAREBEE WORKOUT

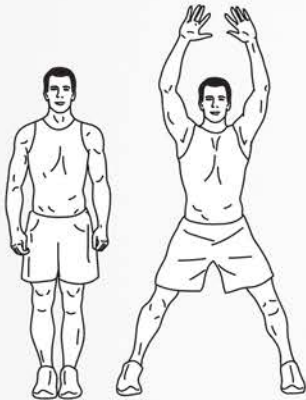
© darebee.com

LEVEL I 3 sets

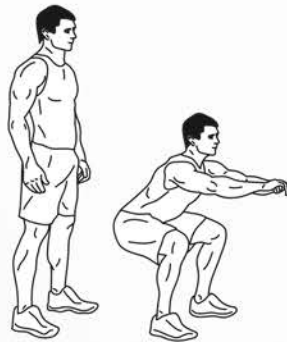
LEVEL II 4 sets

LEVEL III 5 sets

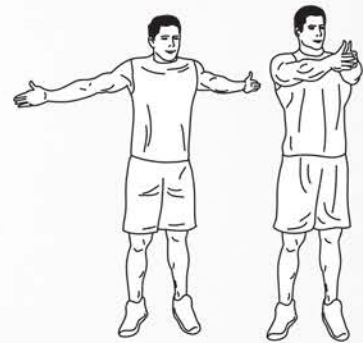
REST up to 2 minutes



20 jumping jacks



10 squats



20 chest expansions



10 downward upward dog