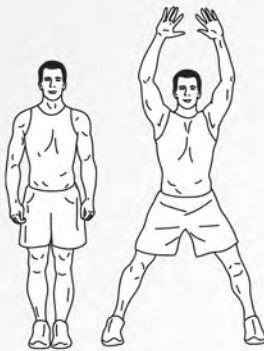


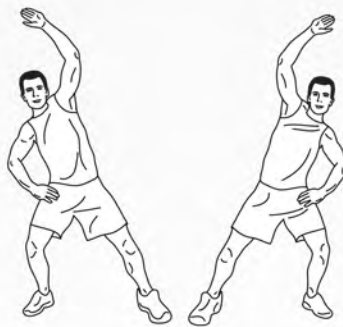
OPTIMUM BURN

DAREBEE WORKOUT @ darebee.com

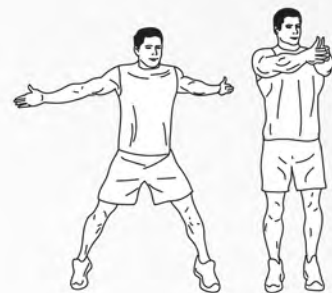
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



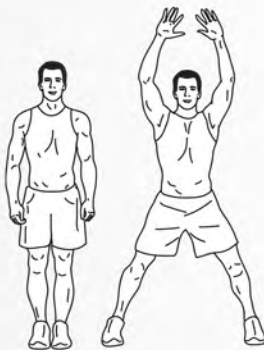
10 jumping jacks



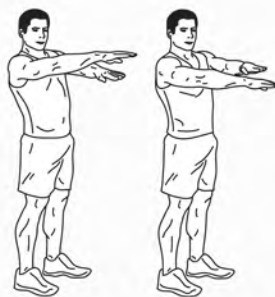
10 side jacks



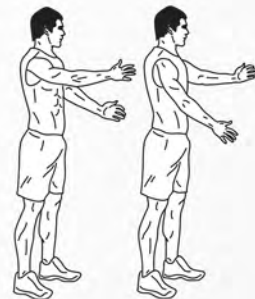
10 seal jacks



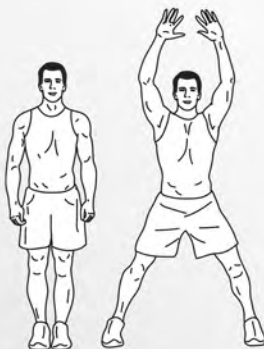
10 jumping jacks



10 arm scissors



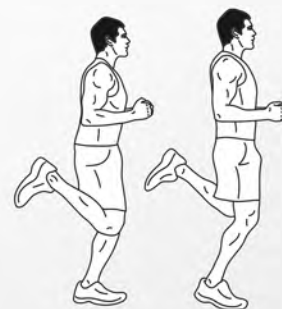
10 scissor chops



10 jumping jacks



10 march steps



10 butt kicks