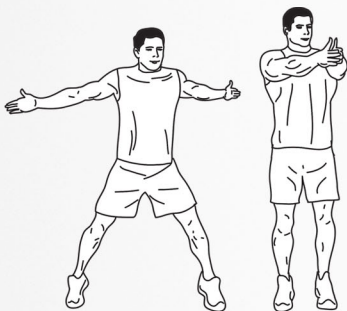


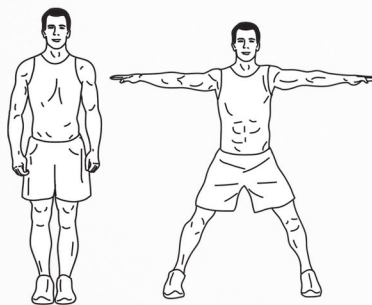
# PARTY OF ONE

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

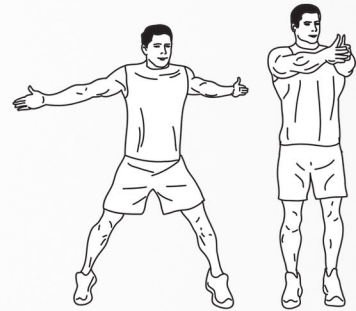
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



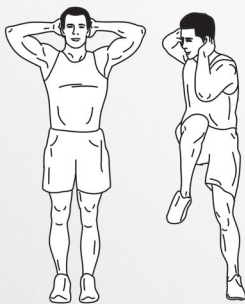
**10** seal jacks



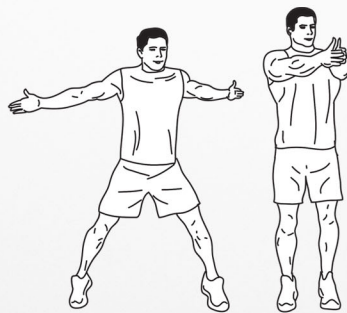
**10** jumping Ts



**10** seal jacks



**10** knee-to-elbows



**10** seal jacks



**10** knee-to-elbows