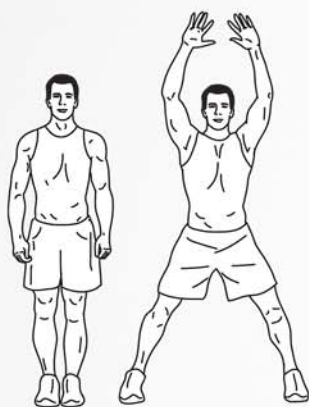


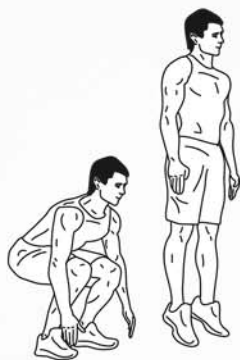
# PAYBACK

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

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



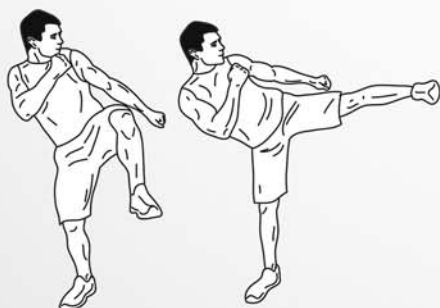
10 jumping jacks



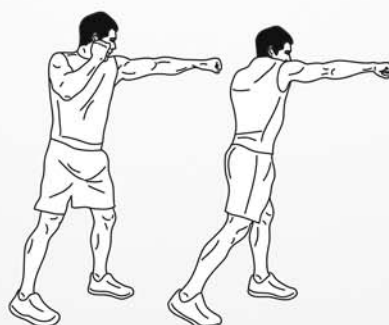
10 jump squats



20 high knees (sprint!)



10 side kicks



10 punches



20 high knees (sprint!)