

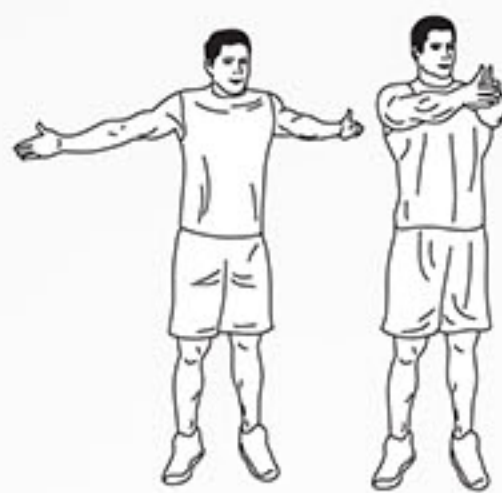
PEACEMAKER

DAREBEE WORKOUT @ darebee.com

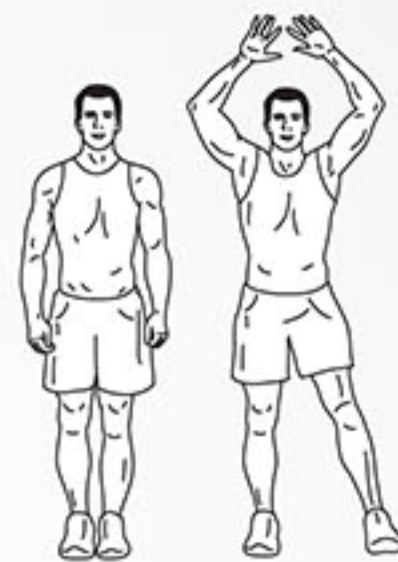
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



14 step jacks



14 chest expansions



14 step jacks



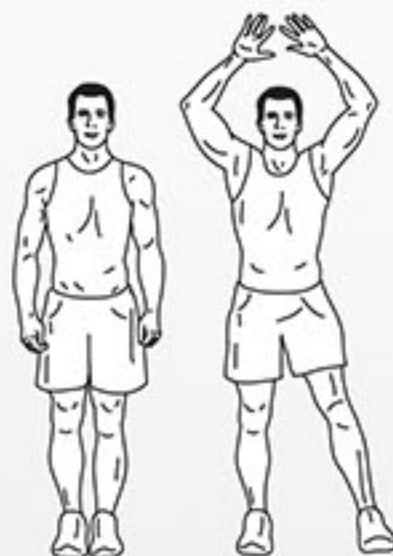
14 calf raises



14 reverse lunges



14 calf raises



14 step jacks