

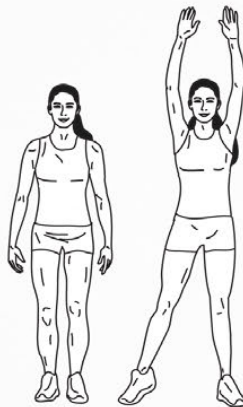
# PERFECT STORM

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

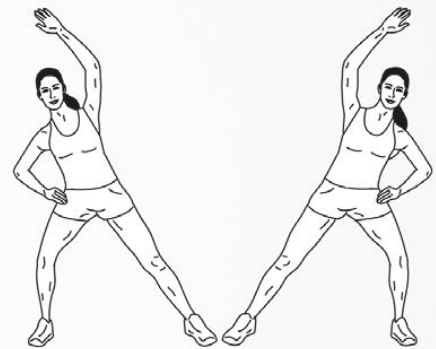
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



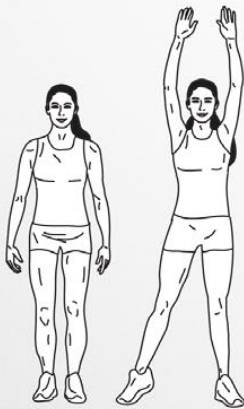
**10** march arm circles



**20** step jacks



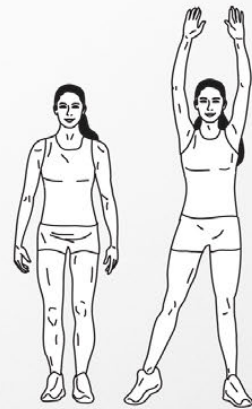
**10** side jacks



**20** step jacks



**10** knee to elbows



**20** step jacks