

the Player

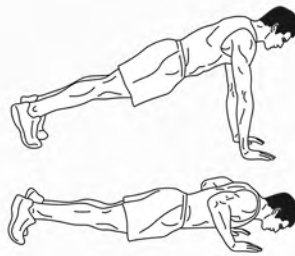
DAREBEE WORKOUT

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



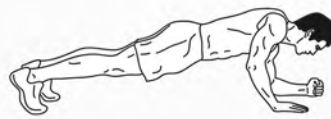
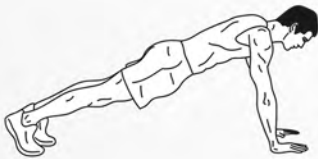
10 jump squats



10 push-ups



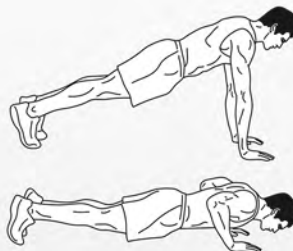
10 jump squats



10 up and down planks



10 jump squats



10 push-ups



10 jump squats