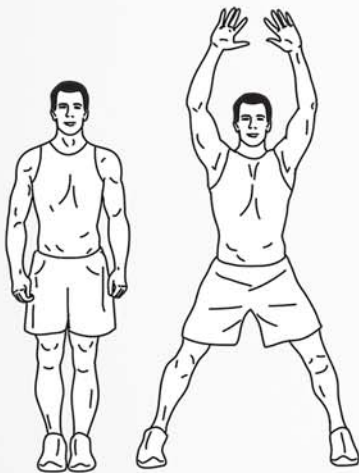


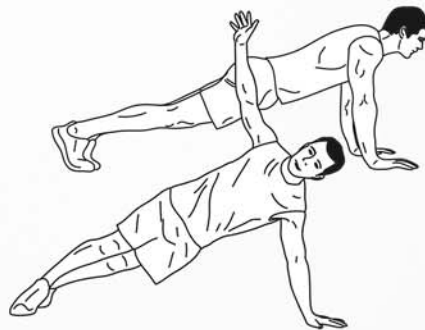
QUICK & EASY

DAREBEE WORKOUT @ darebee.com

Repeat 3 times in total | 1 minute rest between sets



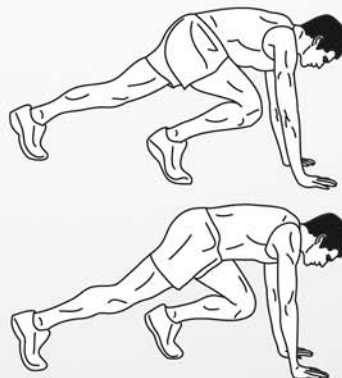
10
jumping
jacks



10
plank
rotations



10
high
knees



10
climbers