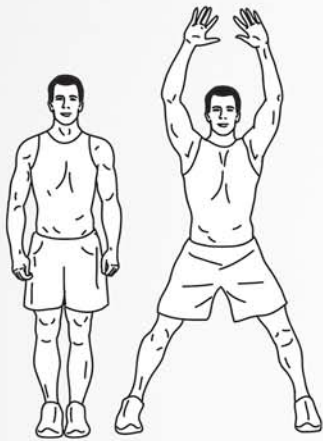


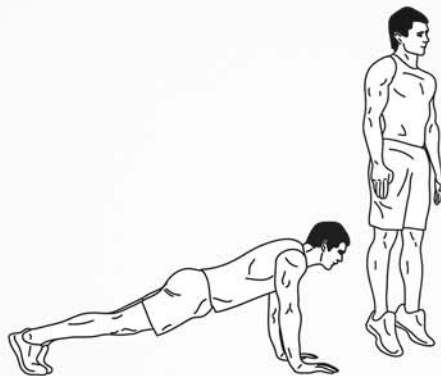
Quick Start

DAREBEE WORKOUT @ darebee.com

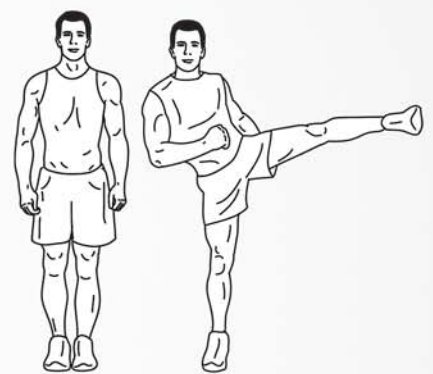
3 sets 2 minutes rest between sets



10 jumping jacks



5 basic burpees (no push-up)



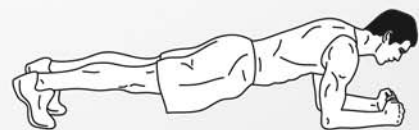
10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold