

# READY, AIM, FIRE!

DAREBEE WORKOUT

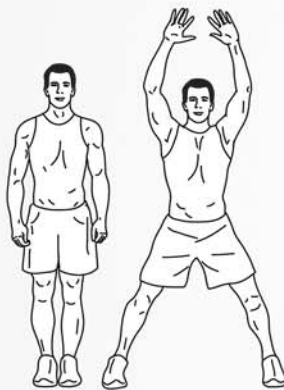
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LEVEL I 3 sets

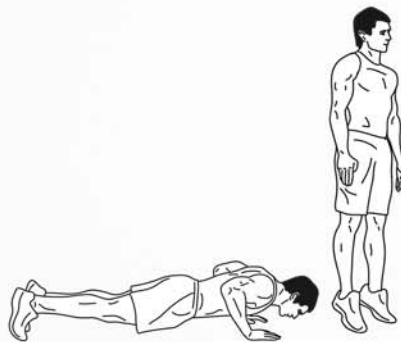
LEVEL II 5 sets

LEVEL III 7 sets

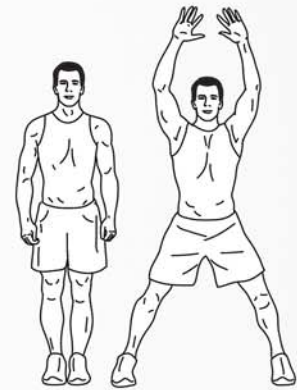
REST up to 2 minutes



**20** jumping jacks



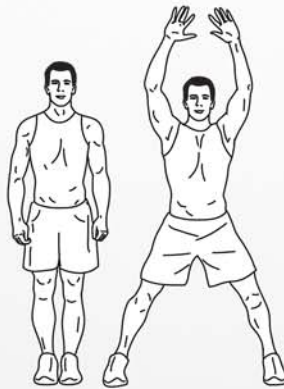
**10** burpees



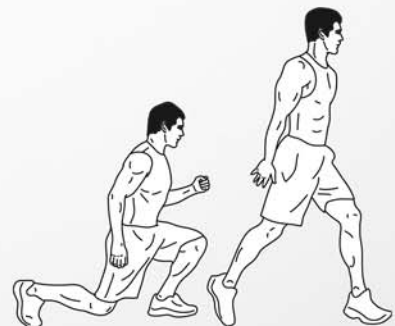
**20** jumping jacks



**10** jump squats



**20** jumping jacks



**10** jumping lunges