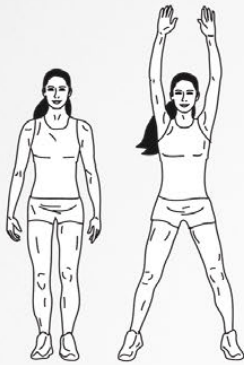


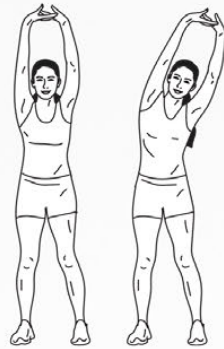
# SHOW TIME

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

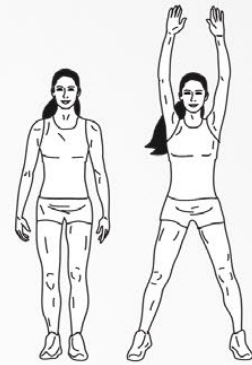
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** jumping jacks



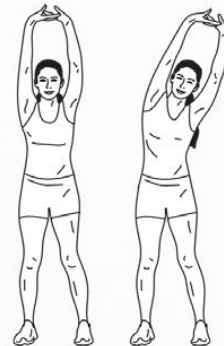
**10** side bends



**10** jumping jacks



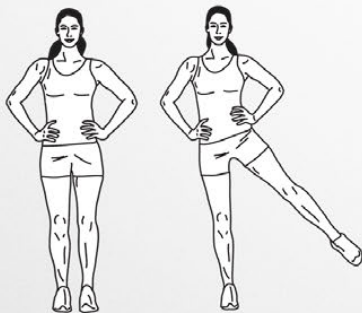
**10** knee-to-elbows



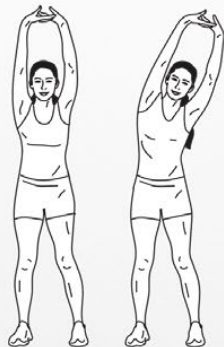
**10** side bends



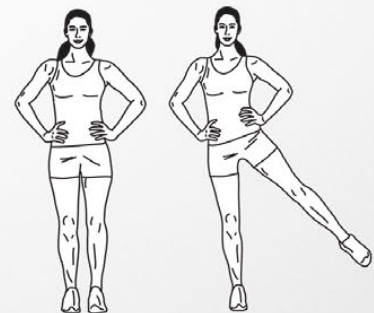
**10** knee-to-elbows



**10** side leg raises



**10** side bends



**10** side leg raises