

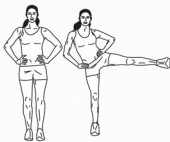
# SIREN

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



20 jumping jacks



20 side leg raises



20-count balance hold



20 jumping jacks



20 knee-to-elbows



20-count balance hold