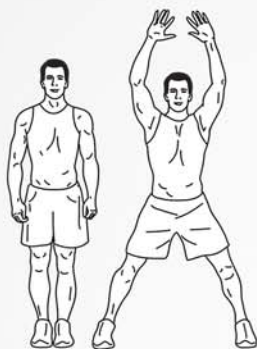


SIZE DOWN

DAREBEE WORKOUT @ darebee.com

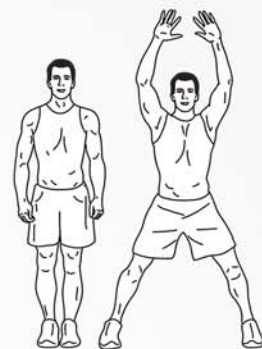
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



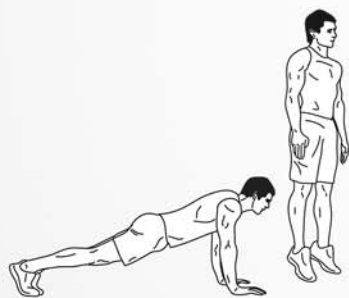
20 jumping jacks



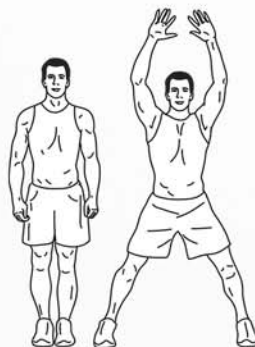
10 high knees (sprint!)



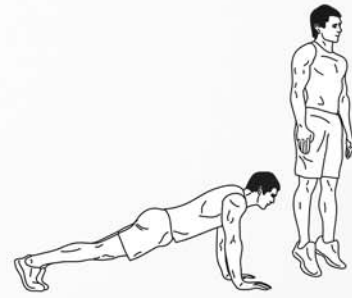
20 jumping jacks



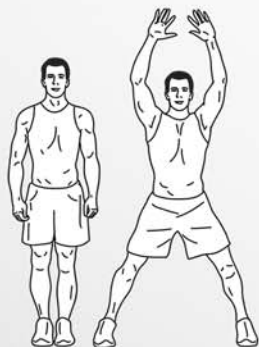
2 basic burpees



20 jumping jacks



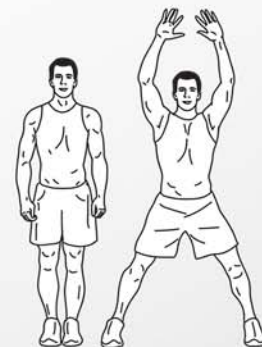
2 basic burpees



20 jumping jacks



10 high knees (sprint!)



20 jumping jacks