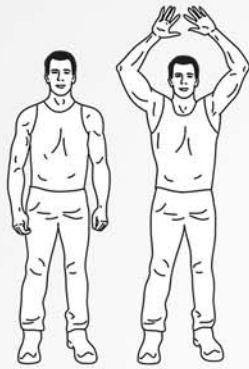


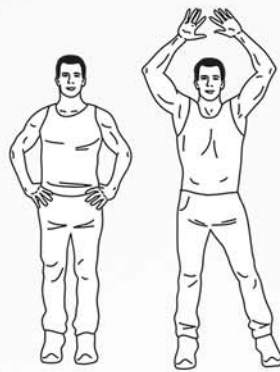
# Slow Burn

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

repeat 3 times with 2 minutes rest in between



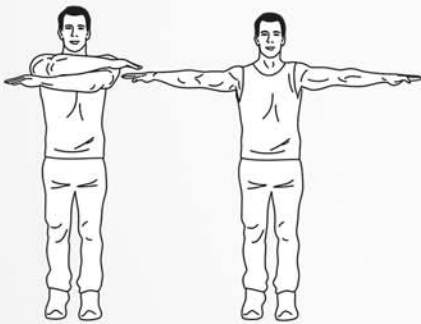
**10** arm raises



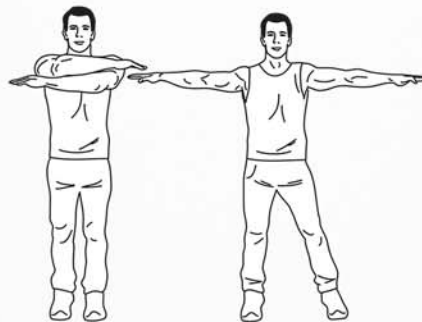
**10** step jacks



**20** side leg raises



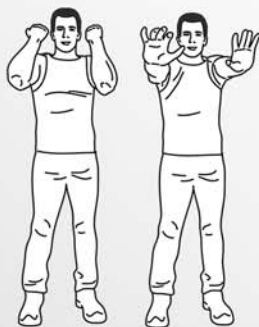
**10** chest extensions



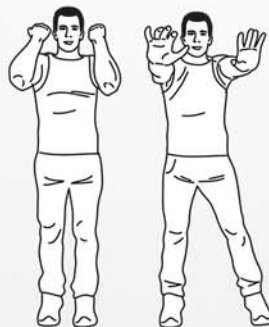
**10** step chest extensions



**20** side leg raises



**10** bicep extensions



**10** step bicep extensions



**20** side leg raises