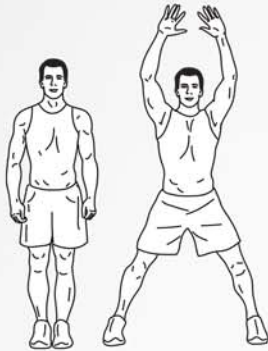


# SPACEMAN

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

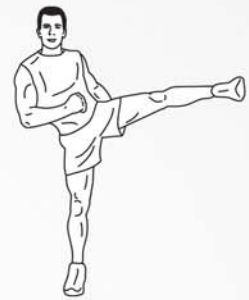
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



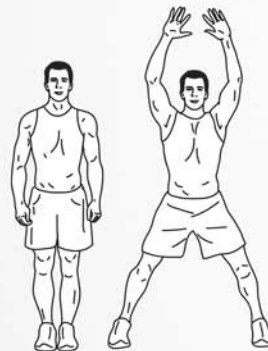
**10** jumping jacks



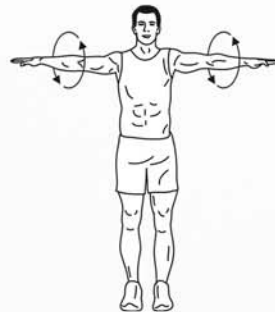
**10-count** right leg hold



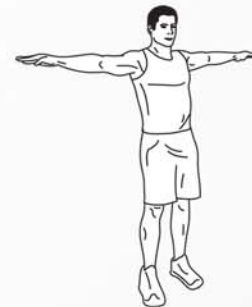
**10-count** left leg hold



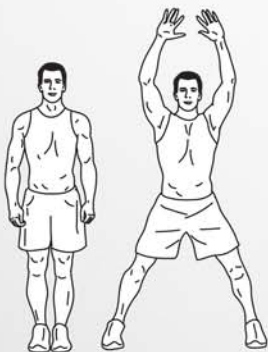
**10** jumping jacks



**20** raised arm circles



**10-count** arm hold



**10** jumping jacks



**10-count** right leg hold



**10-count** left leg hold