

STAND & DELIVER!

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks



4 jump squats



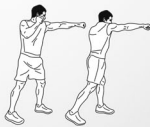
10 jumping jacks



4 jumping lunges



10 jumping jacks



20 punches