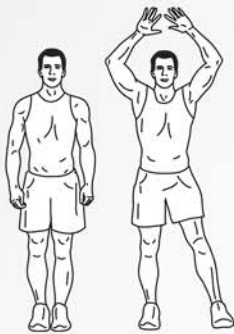


STOP GAP

DAREBEE WORKOUT @ darebee.com

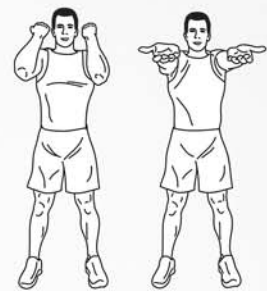
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



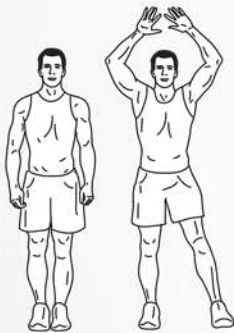
10 step jacks



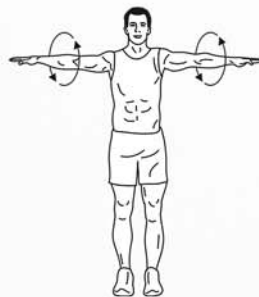
10 raised arm circles



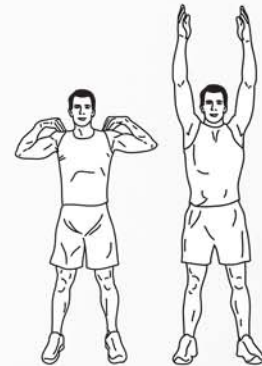
10 bicep extensions



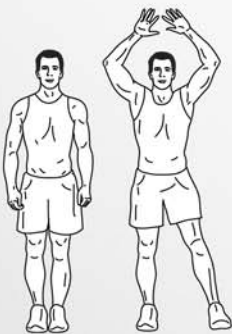
10 step jacks



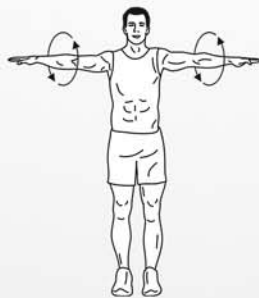
10 raised arm circles



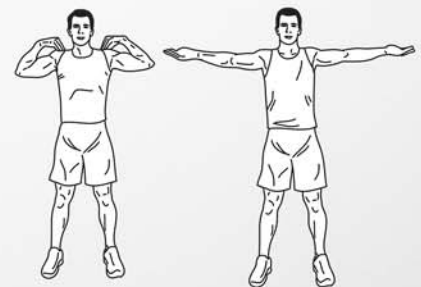
10 shoulder taps



10 step jacks



10 raised arm circles



10 side shoulder taps