

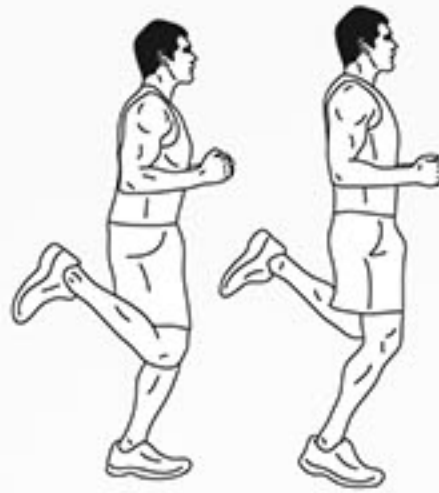
TOTAL BURN

DAREBEE WORKOUT @ darebee.com

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



20 high knees



10 butt kicks



20 high knees



20 march steps



10 split jacks



20 march steps



10 reverse lunges