

WIPE OUT

DAREBEE WORKOUT @ darebee.com

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



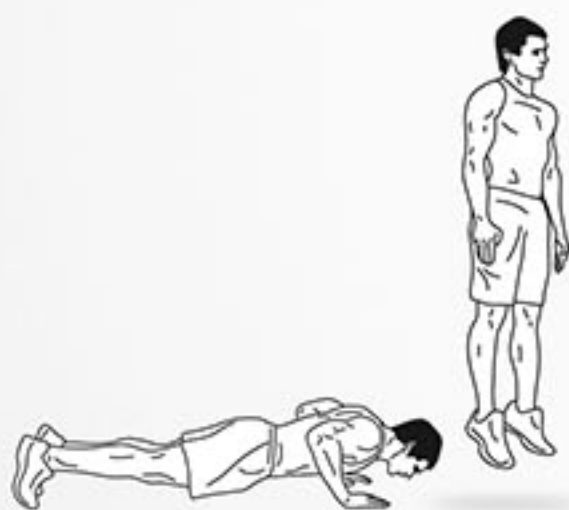
20 jumping jacks



10 toe taps hops



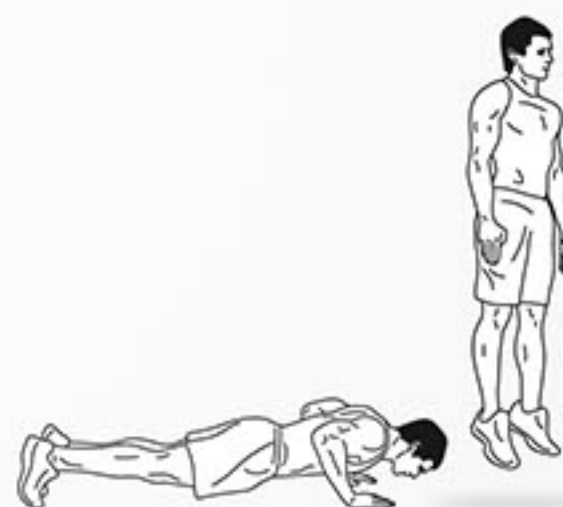
20 jumping jacks



4 burpees



10 toe taps hops



4 burpees



10 toe taps hops