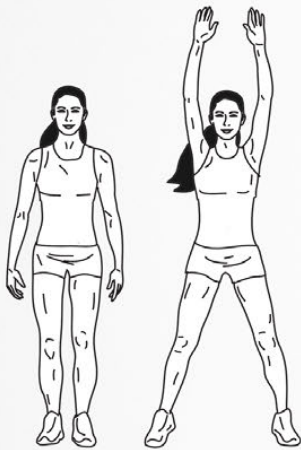


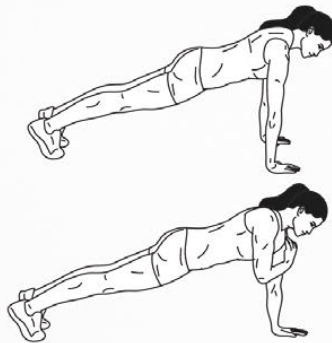
THAT **WORKOUT** I PROMISED

DAREBEE WORKOUT @ darebee.com

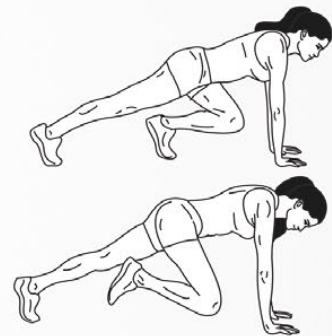
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



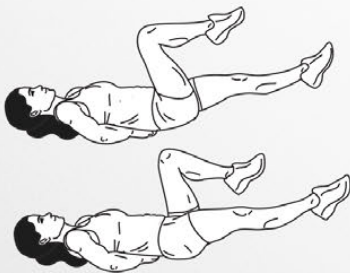
20 jumping jacks



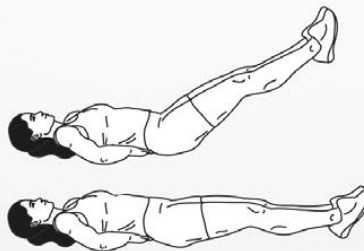
20 shoulder taps



20 climbers



10 bicycle crunches



10 leg raises



10 sitting twists