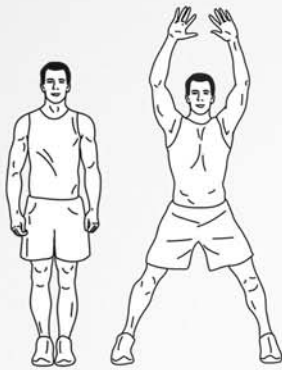


# Chapter 1

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

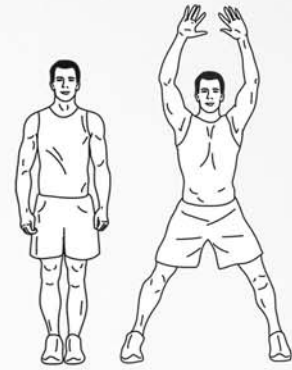
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



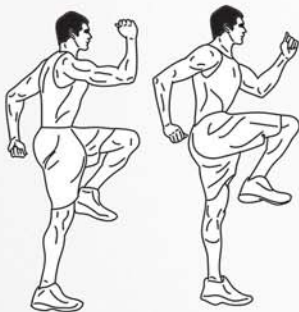
**10** jumping jacks



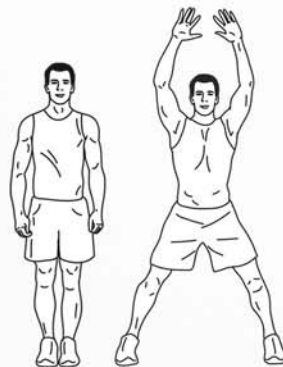
**6** squats



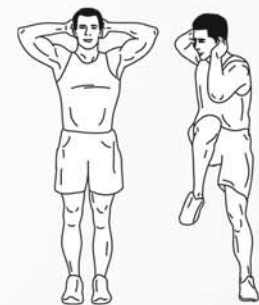
**10** jumping jacks



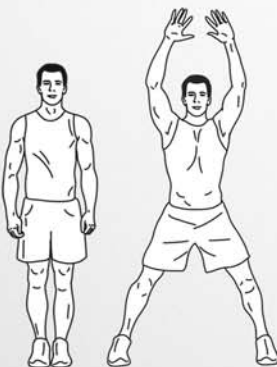
**10** march steps



**10** jumping jacks



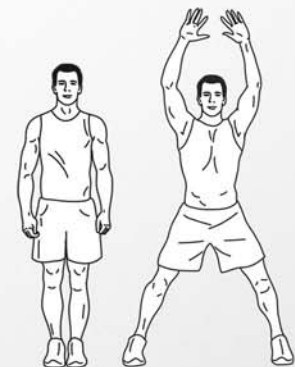
**10** knee-to-elbow



**10** jumping jacks



**6** lunge step-up



**10** jumping jacks