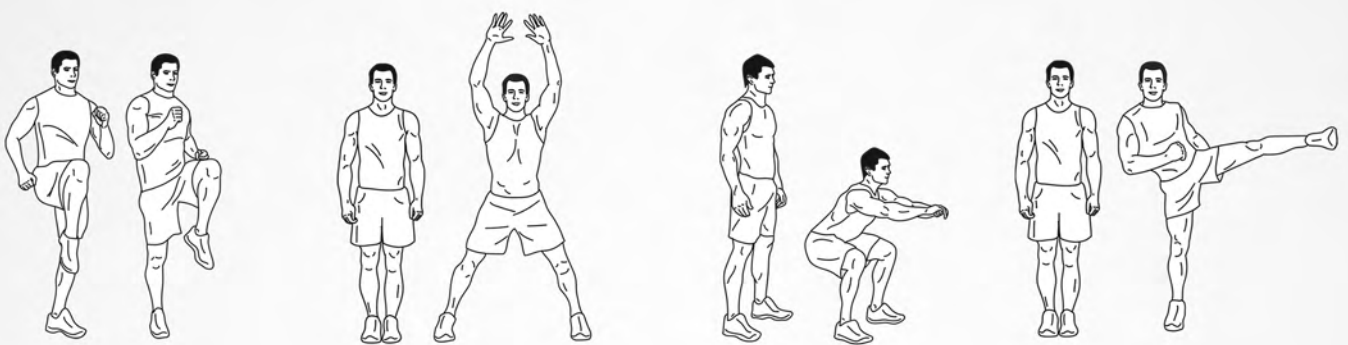


# one & one

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

1 minute each exercise | 1 minute rest between each



high knees

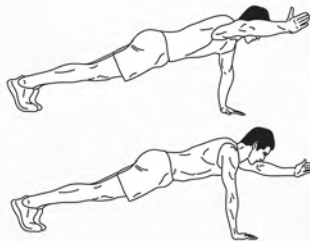
jumping jacks

squats

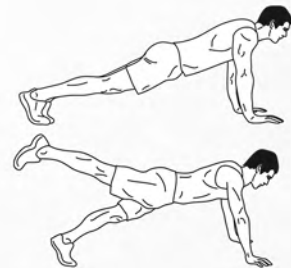
side leg raises



lunges



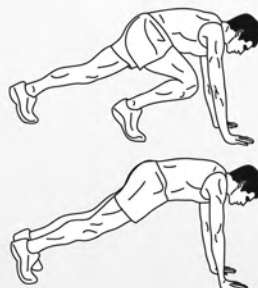
plank arm raises



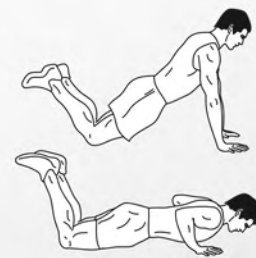
plank leg raises



planks with rotations



climbers



knee push-ups