

# AWAKE & ALIVE

DAREBEE  
WORKOUT

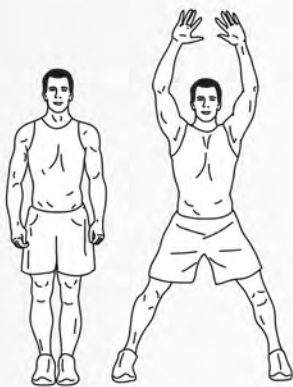
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

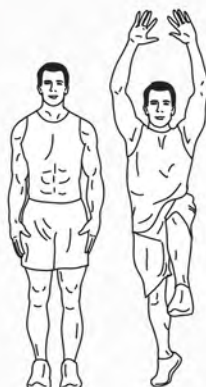
LEVEL II 5 sets

LEVEL III 7 sets

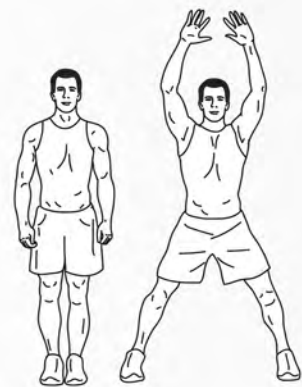
REST up to 2 minutes



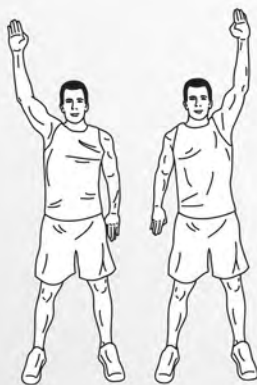
**10** jumping jacks



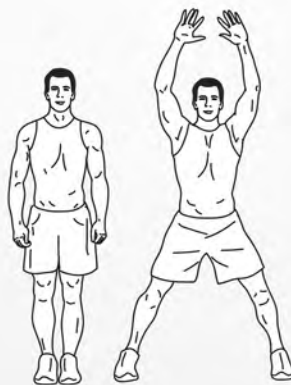
**10** march jacks



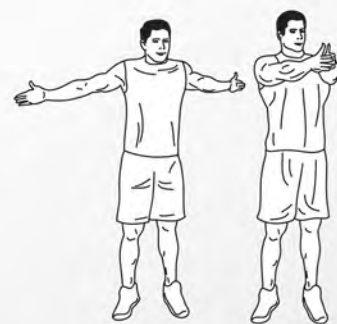
**10** jumping jacks



**10** alt chest expansions



**10** jumping jacks



**10** chest expansions