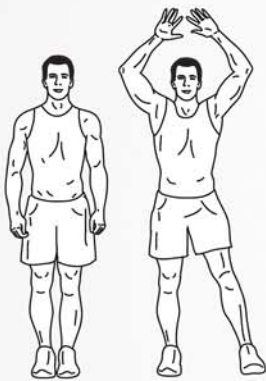


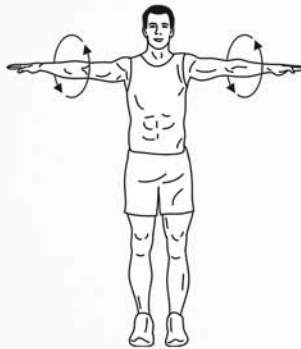
# Back to Basics

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

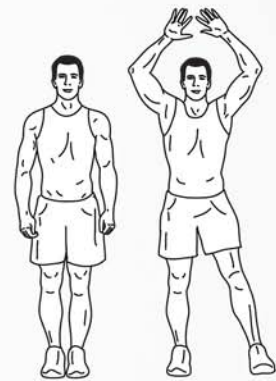
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



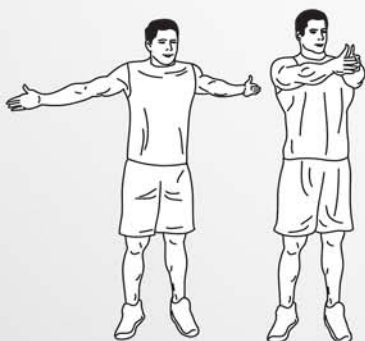
**20** step jacks



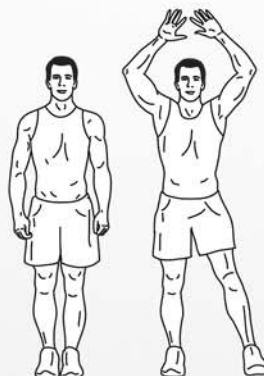
**20** raised arm circles



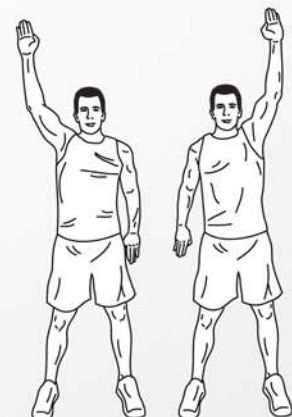
**20** step jacks



**20** chest expansions



**20** step jacks



**20** alt chest expansions