

BBOQ

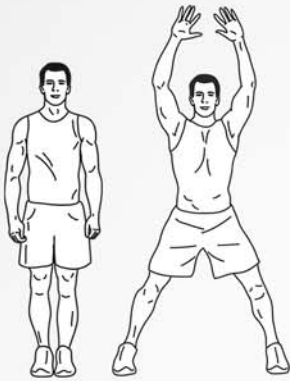
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

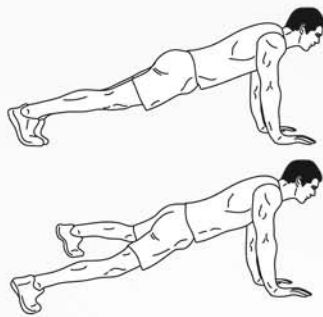
LEVEL II 5 sets

LEVEL III 7 sets

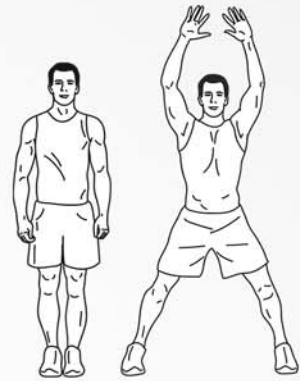
REST up to 2 minutes



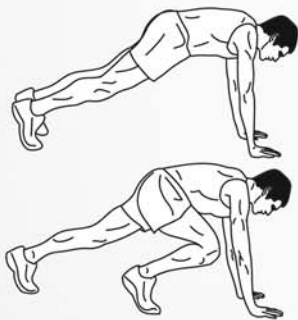
20 jumping jacks



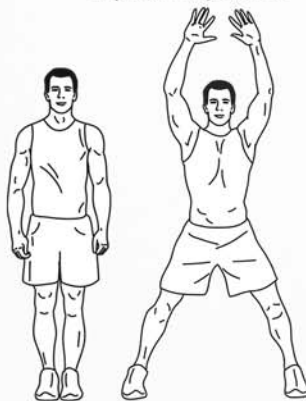
4 plank jacks



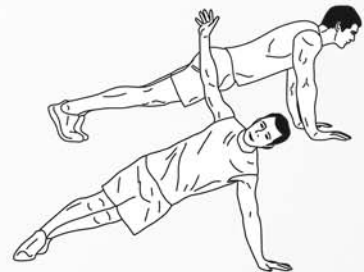
20 jumping jacks



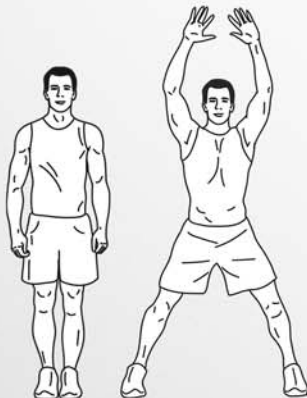
4 climbers



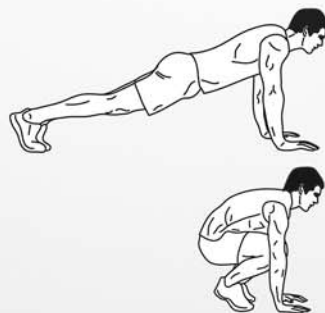
20 jumping jacks



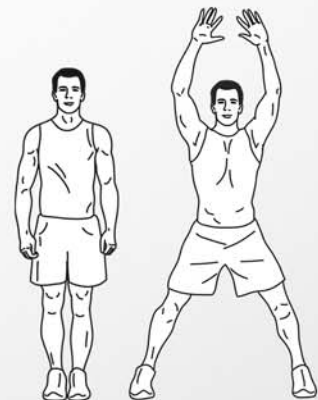
4 plank rotations



20 jumping jacks



4 plank jump-ins



20 jumping jacks