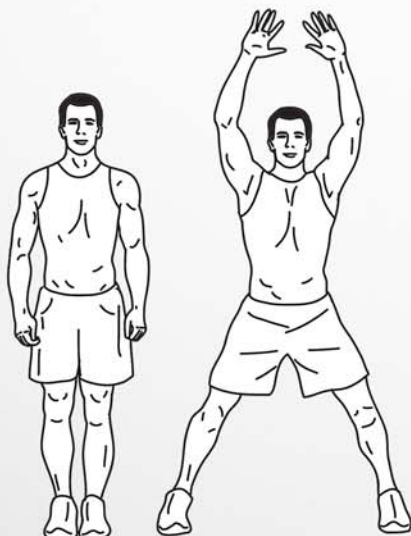
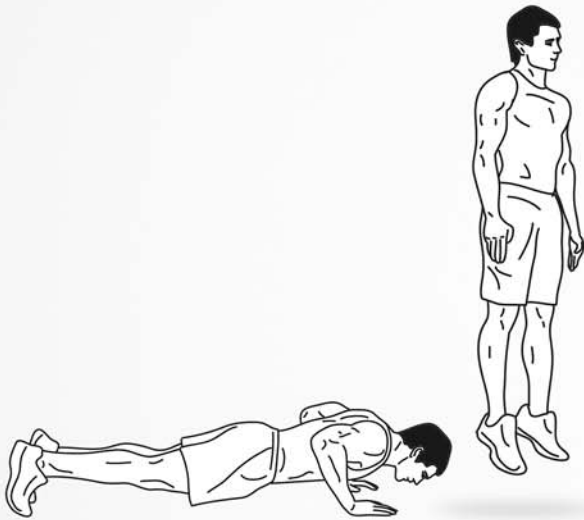


BEFORE BREAKFAST BURPEES



DAREBEE WORKOUT

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Repeat once before breakfast.

10 burpees

10 jumping jacks

10 burpees

10 jumping jacks

10 burpees

10 jumping jacks

10 burpees

10 jumping jacks

10 burpees

10 jumping jacks

done