

BETTER THAN NOTHING

DAREBEE WORKOUT

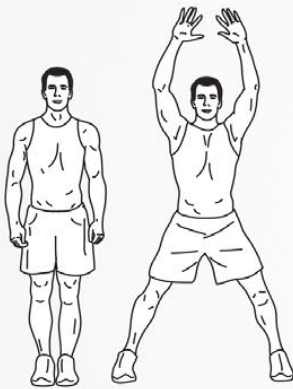
@ darebee.com

LEVEL I 3 sets

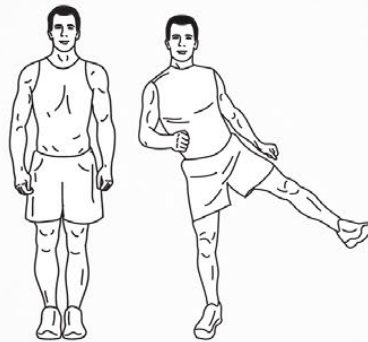
LEVEL II 5 sets

LEVEL III 7 sets

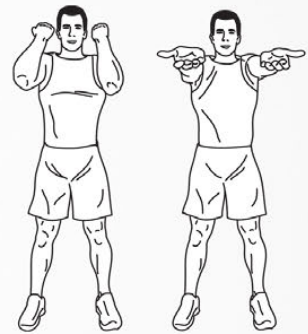
REST up to 2 minutes



6 jumping jacks



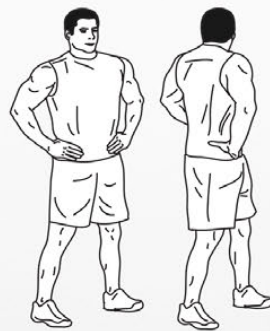
10 side leg raises



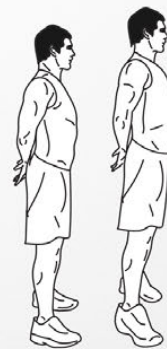
10 bicep extensions



10 butt kicks



6 torso twists



6 calf raises