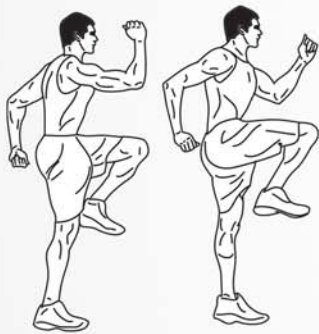


# CLEAN SLATE

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

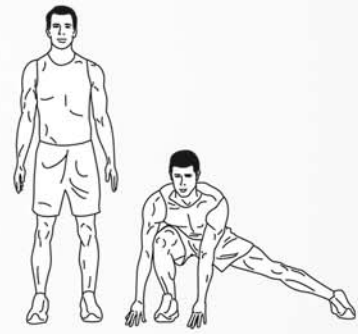
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



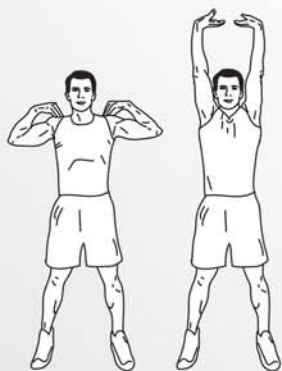
**20** march steps



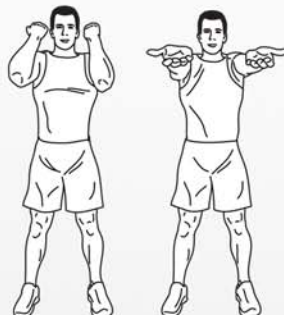
**4** reverse lunges



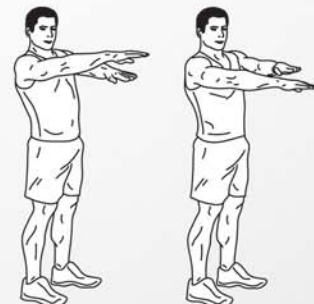
**4** side lunges



**20** shoulder taps



**20** bicep extensions



**20** arm scissors