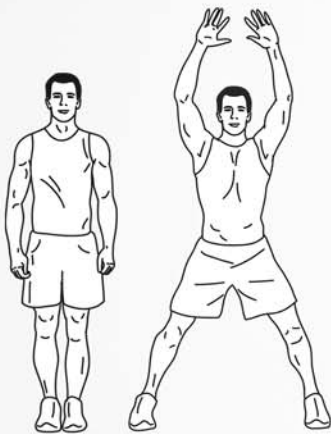


DAILY **WORKOUT**

BY DAREBEE © darebee.com

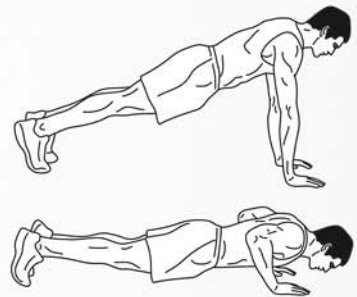
3 sets | up to 2 minutes rest between sets



10 jumping jacks



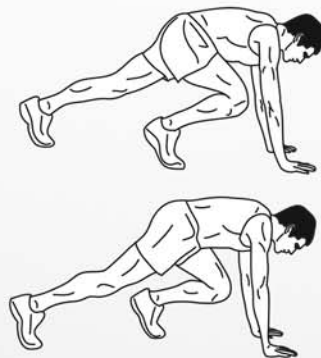
5 squats



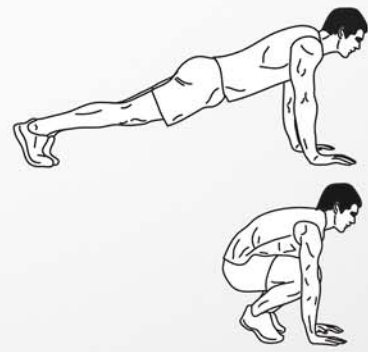
5 push-ups



10 high knees



10 climbers



5 plank jump-ins