

EXTRA SPICE

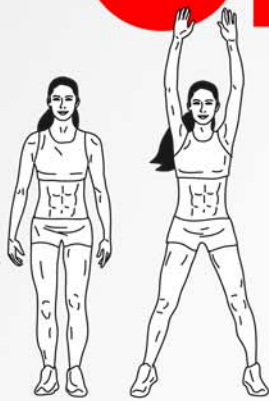
DAREBEE WORKOUT
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Level I 3 sets

Level II 5 sets

Level III 7 sets

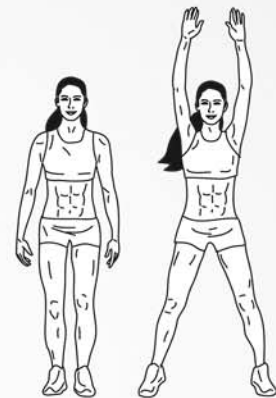
2 minutes rest



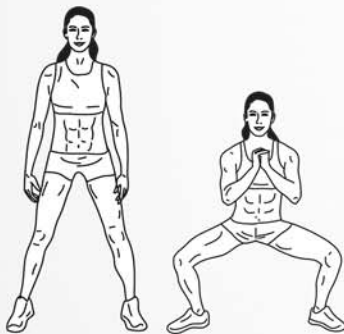
15 jumping jacks



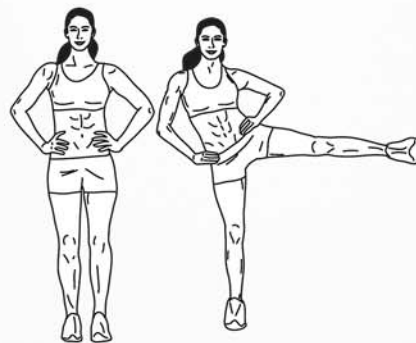
10 knee-to-elbows



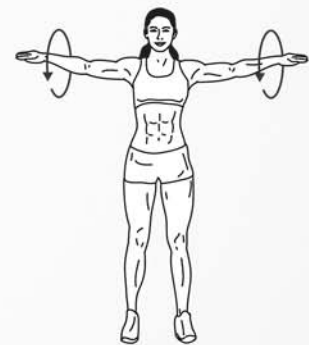
15 jumping jacks



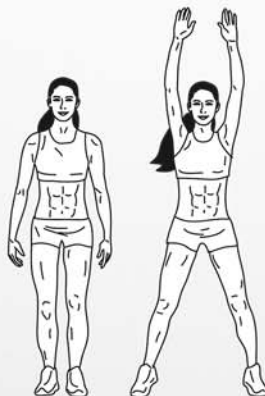
10 goblet squats



10 side leg raises



15 raised arm circles



15 jumping jacks