

# FAE

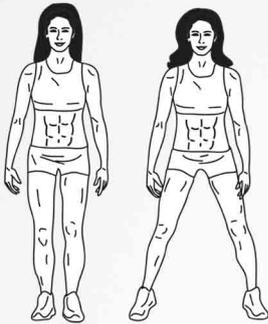
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

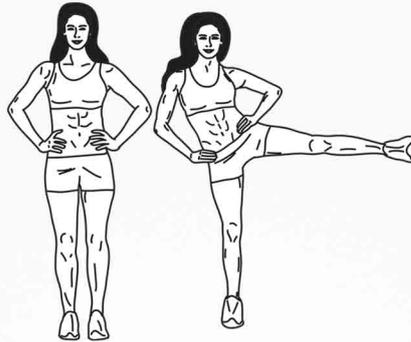
LEVEL II 5 sets

LEVEL III 7 sets

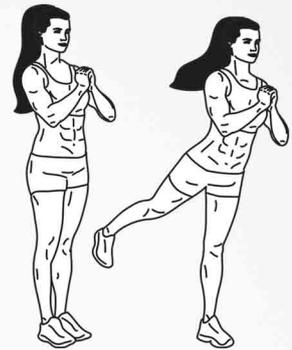
REST up to 2 minutes



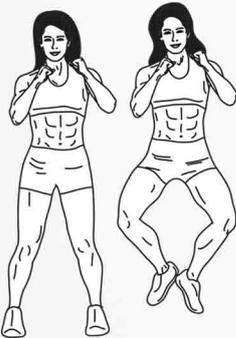
**40** half jacks



**40** side leg raises



**40** kick backs



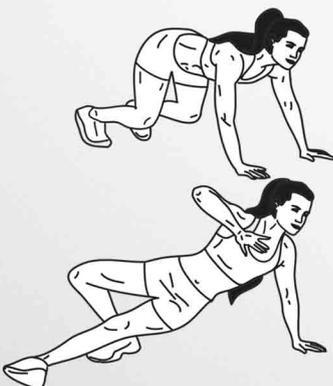
**10** hop heel clicks



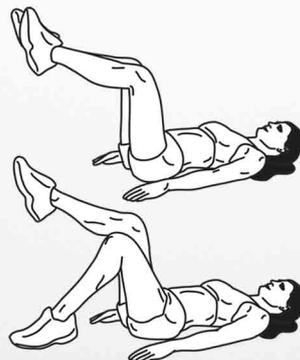
**10** knee strikes



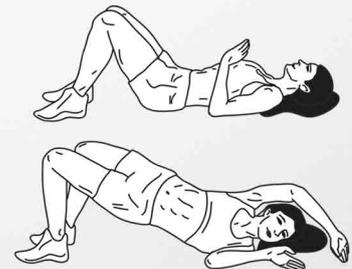
**10** lunge step-ups



**10** sit-outs



**10** toe taps



**10** bridge taps