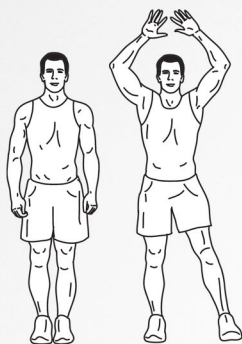


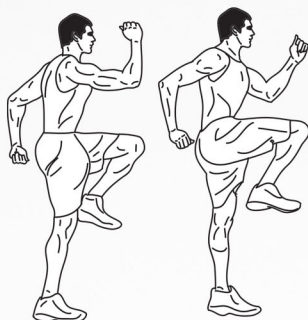
FUNDAMENTALS

DAREBEE WORKOUT @ darebee.com

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



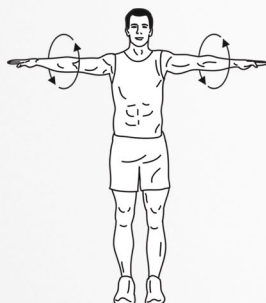
10 step jacks



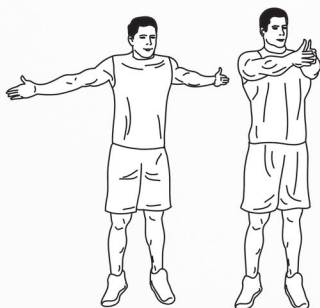
10 march steps



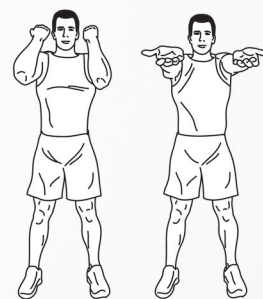
10 single hip rotations



10 arm circles



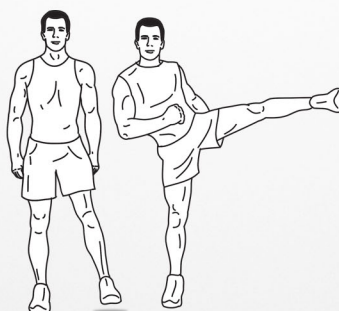
10 chest expansions



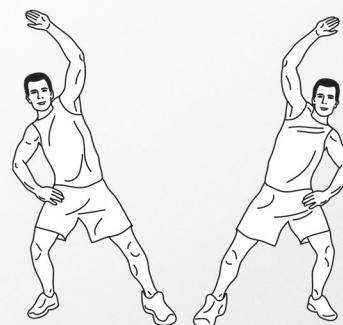
10 bicep extensions



10 calf raises



10 side leg raises



10 side jacks