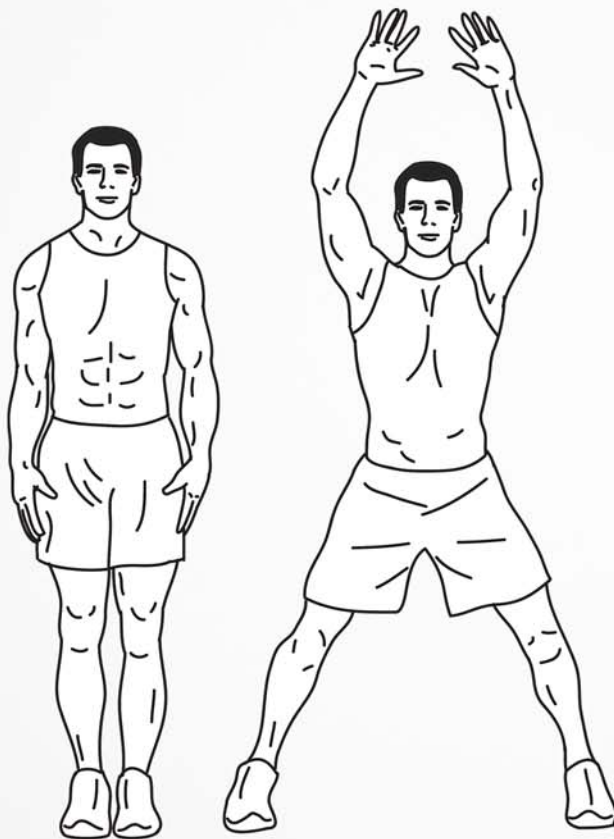


JACKS PYRAMID

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks

10-count rest

15 jumping jacks

10-count rest

20 jumping jacks

10-count rest

25 jumping jacks

10-count rest

20 jumping jacks

10-count rest

15 jumping jacks

10-count rest

10 jumping jacks

**LOW IMPACT
ALTERNATIVE
STEP JACKS**

