

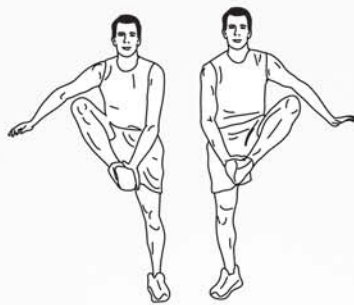
LAUNCHPAD

DAREBEE WORKOUT @ darebee.com

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



10 butt kicks



4 toe tap hops



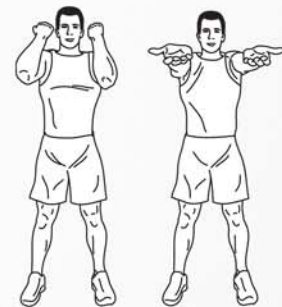
20 raised arm circles



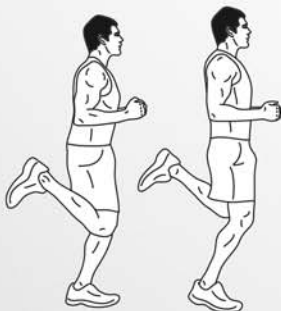
10 butt kicks



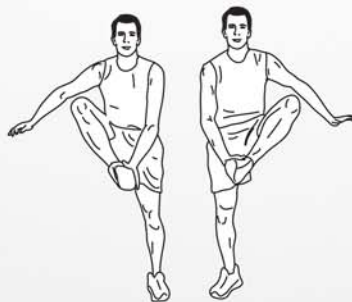
4 toe tap hops



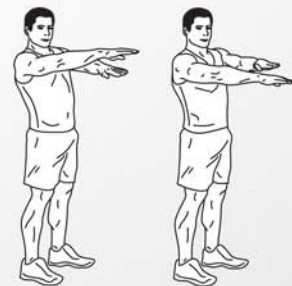
20 bicep extensions



10 butt kicks



4 toe tap hops



20 arm scissors