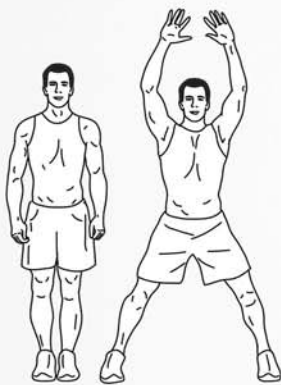


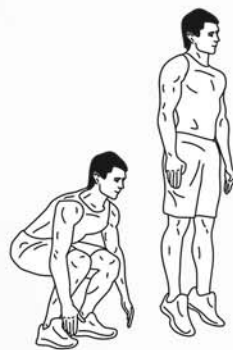
ORIGIN STORY

DAREBEE WORKOUT @ darebee.com

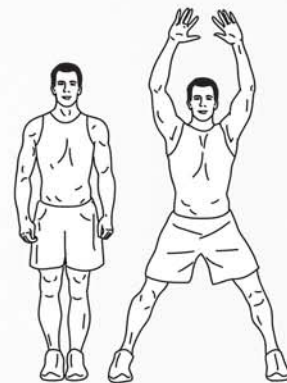
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



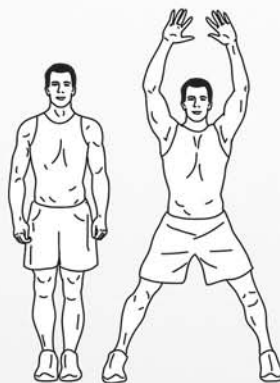
2 jump squats



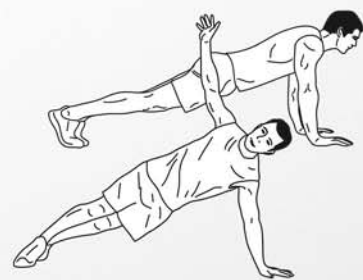
20 jumping jacks



2 plank rotations



20 jumping jacks



2 plank rotations