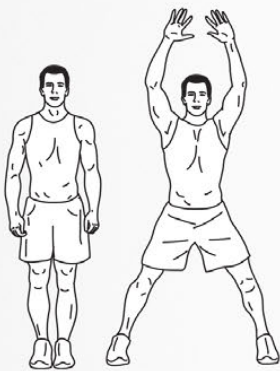


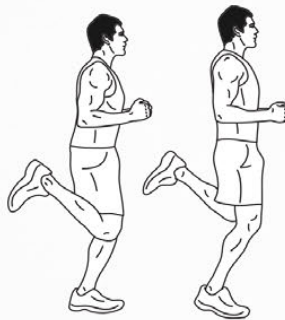
RIGHT PLACE, RIGHT TIME

DAREBEE WORKOUT @ darebee.com

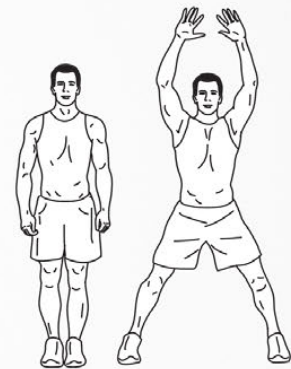
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



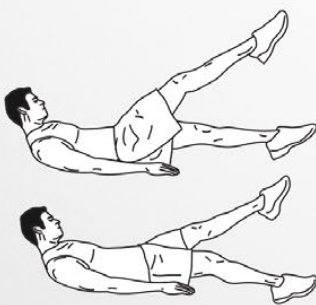
12 jumping jacks



12 butt kicks



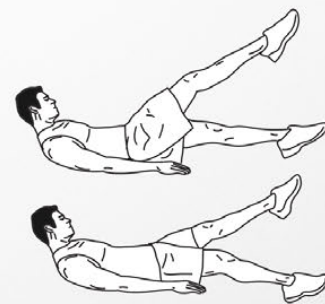
12 jumping jacks



12 flutter kicks



12 sitting twists



12 flutter kicks