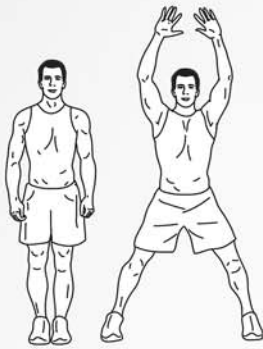


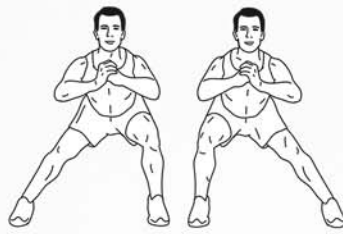
SHAKE-UP

DAREBEE WORKOUT @ darebee.com

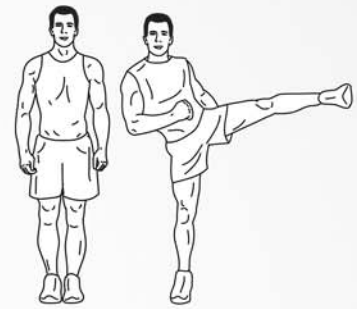
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



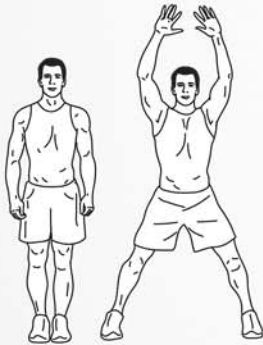
20 jumping jacks



4 side-to-side lunges



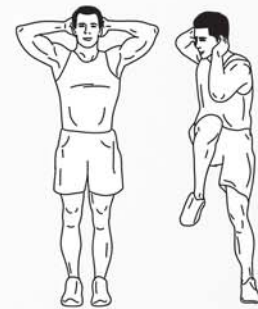
20 side leg raises



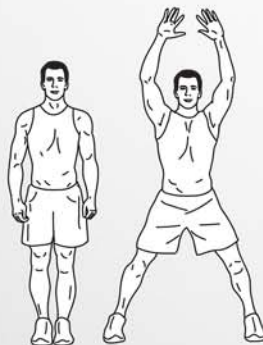
20 jumping jacks



4 side-to-side lunges



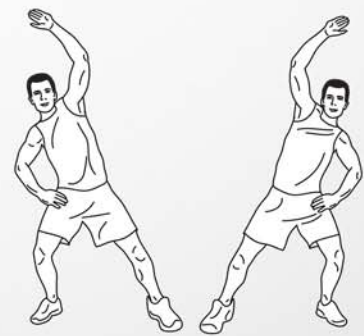
20 knee-to-elbows



20 jumping jacks



4 side-to-side lunges



20 step side jacks