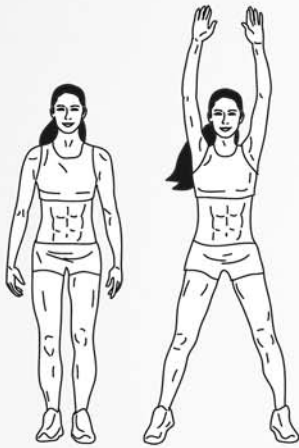


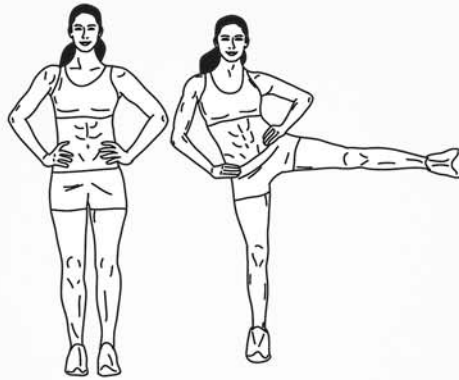
SIREN

DAREBEE WORKOUT @ darebee.com

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



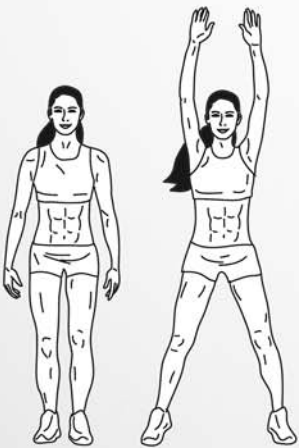
20 jumping jacks



20 side leg raises



20-count balance hold



20 jumping jacks



20 knee-to-elbows



20-count balance hold