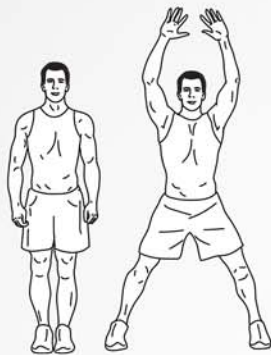


SQUARE ONE

DAREBEE WORKOUT © darebee.com

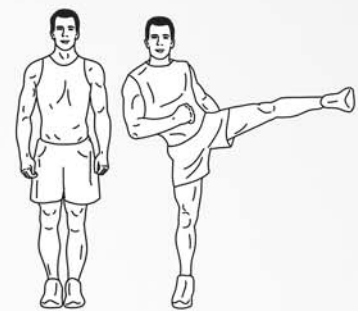
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



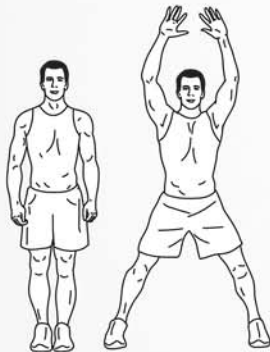
10 jumping jacks



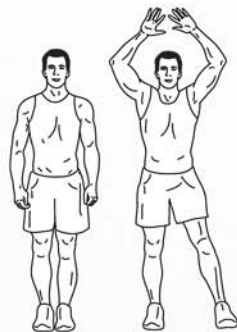
10 march twists



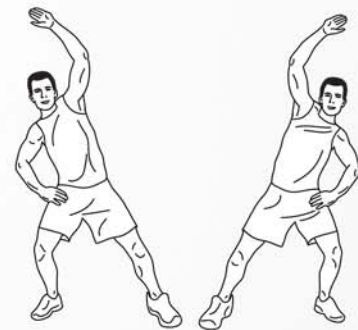
10 side leg raises



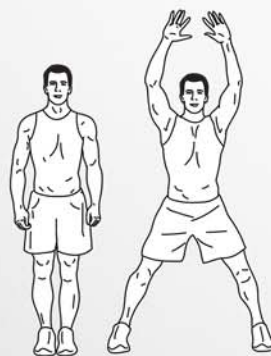
10 jumping jacks



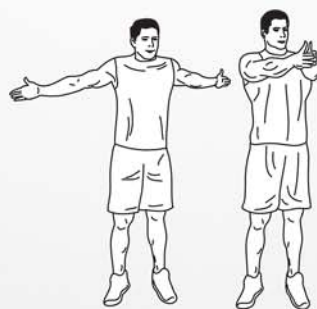
10 step jacks



10 side jacks



10 jumping jacks



10 chest expansions



10 raised arm circles