

# JUST TRYING TO **STAY** **SANE**

WORKOUT  
BY DAREBEE  
@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



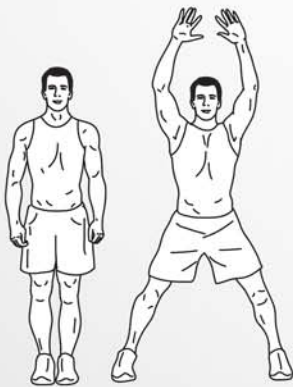
**10** butt kicks



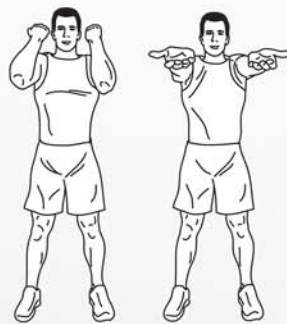
**10** raised arm circles



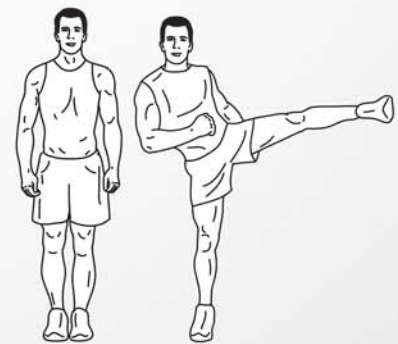
**10** reverse lunges



**10** jumping jacks



**10** bicep extensions



**10** side leg raises