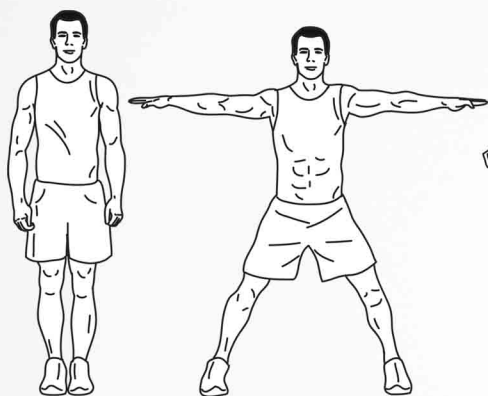


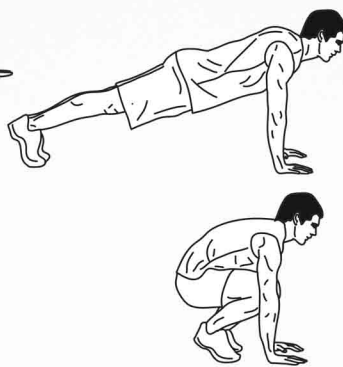
STAY **AWAKE!**

repeat every
60 minutes

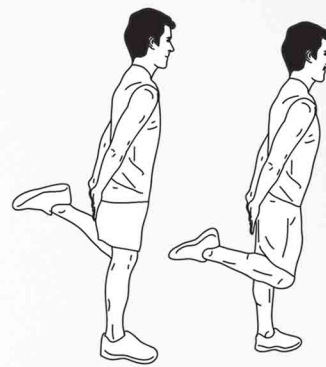
DAREBEE WORKOUT @ darebee.com



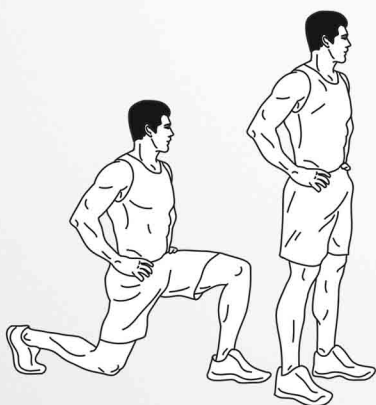
24 jumping Ts



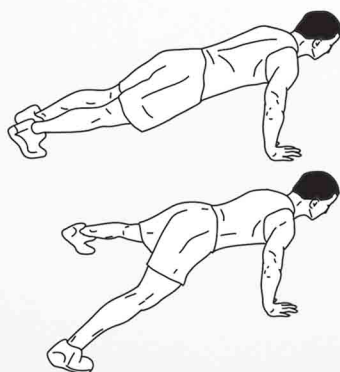
12 plank jump-ins



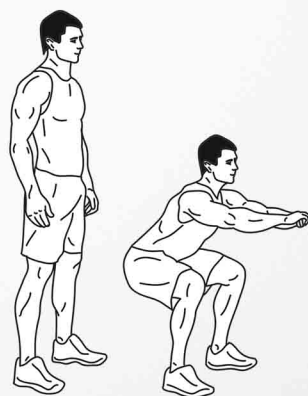
24 butt kicks



24 reverse lunges



12 plank jacks



24 squats