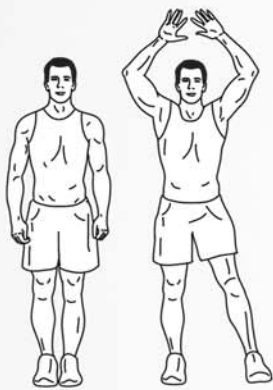


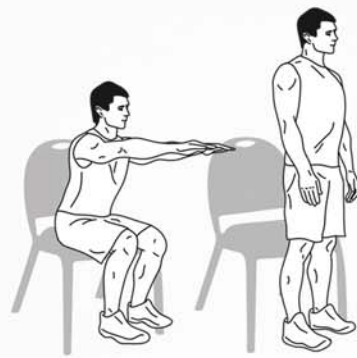
STEP ONE

DAREBEE WORKOUT @ darebee.com

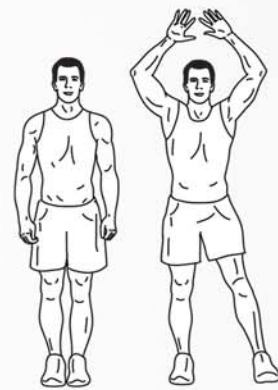
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



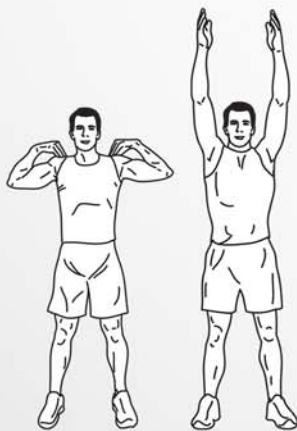
10 step jacks



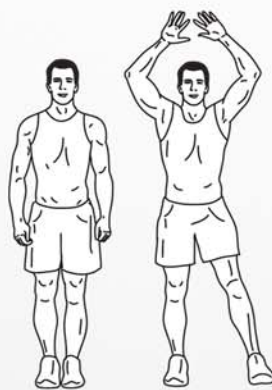
5 sit to stand



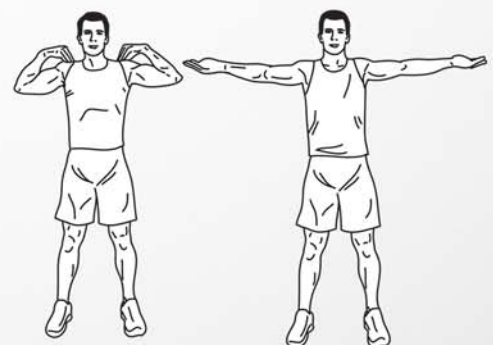
10 step jacks



20 standing shoulder taps



10 step jacks



20 side bicep extensions