

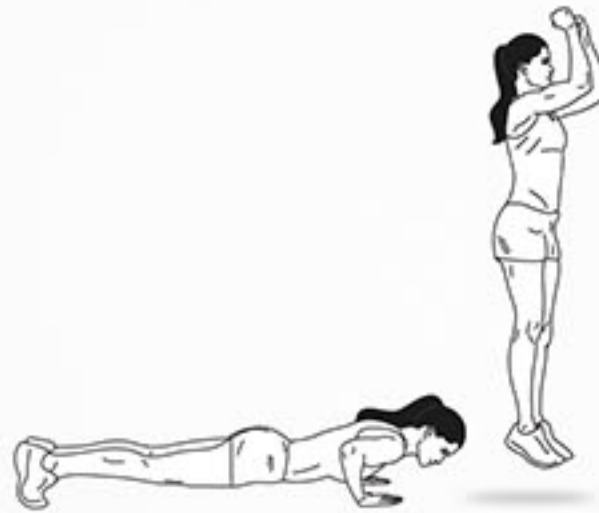
You **Can't Stop** This Girl

DAREBEE WORKOUT @ darebee.com

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



10 lunges



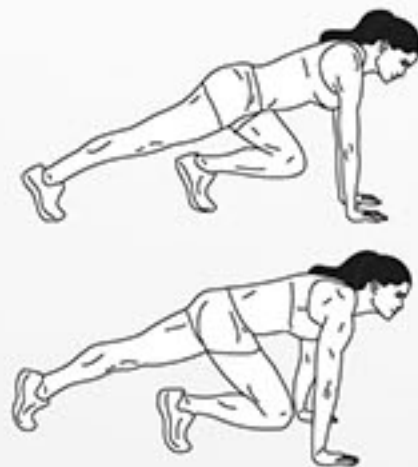
2 burpees



10 jumping jacks



10 knee-to-elbow



10 climbers



10 side leg raises