

# TIME

OF MY

# LIFE

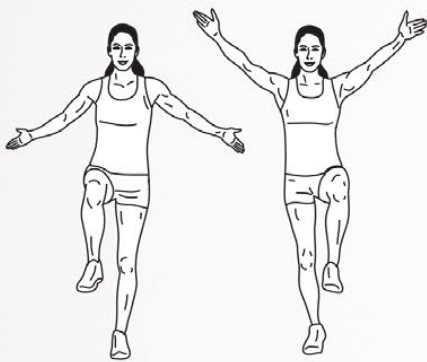
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

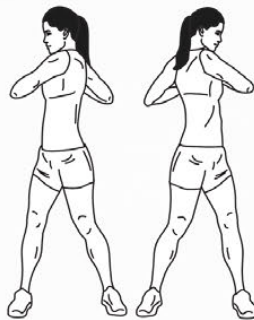
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



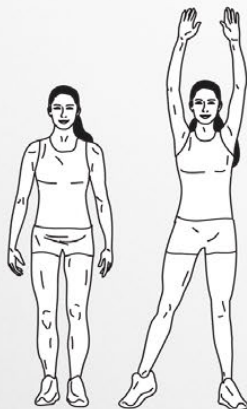
**10** march with wide circles



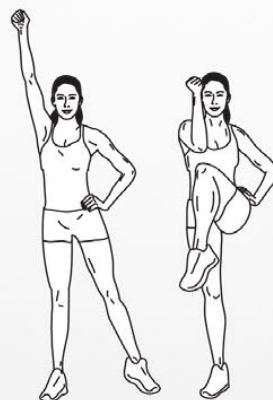
**10** torso twists



**10** side bends



**10** step jacks



**10** knee to elbows



**10** back leg raises