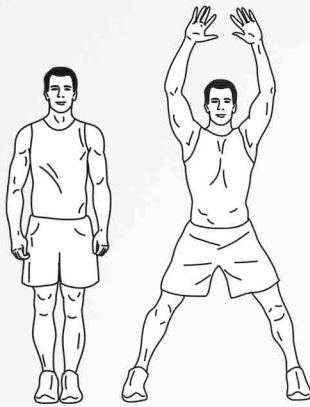


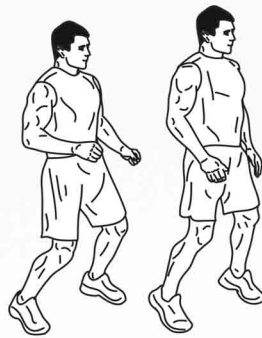
# Ultimate **Burn**

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

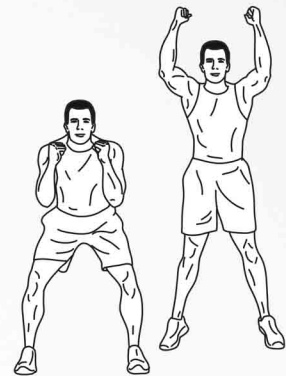
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



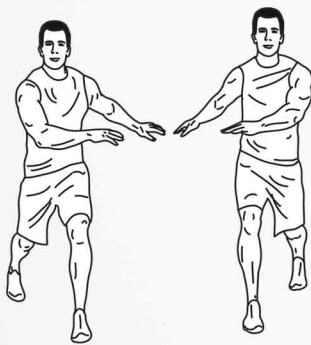
**20** jumping jacks



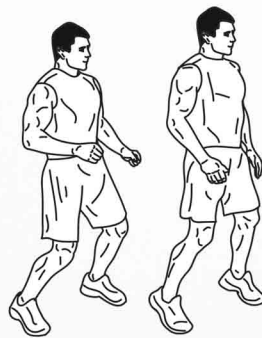
**20** bounces



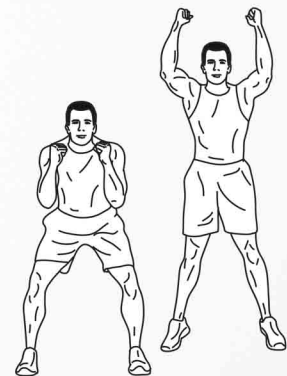
**10** jumps



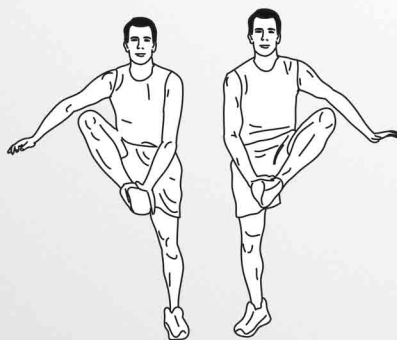
**20** twist jacks



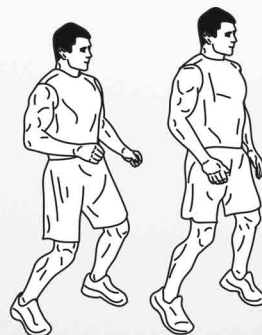
**20** bounces



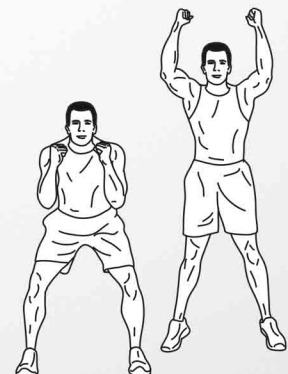
**10** jumps



**20** toe tap hops



**20** bounces



**10** jumps