

watch me shine

DAREBEE WORKOUT @ darebee.com

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



20 jumping jacks



10 knee-to-elbows



20 high knees



10 knee-to-elbows



20 butt kicks



10 knee-to-elbows