

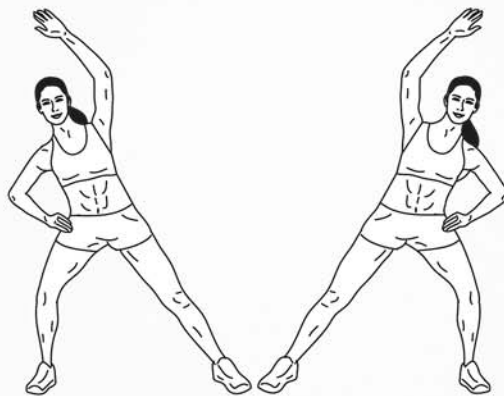
white rabbit

DAREBEE WORKOUT @ darebee.com

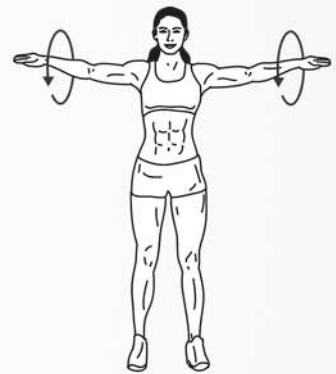
5 sets in total | 2 minutes rest between sets



20 raised arm circles



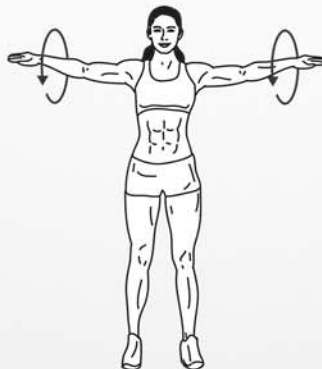
20 side jacks



20 raised arm circles



20 march steps



20 raised arm circles



20 march steps