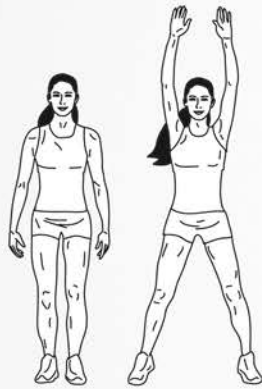


PHOENIX RISING

DAREBEE WORKOUT @ darebee.com

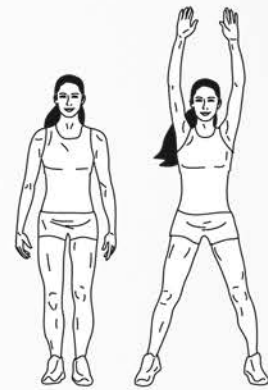
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



15 jumping jacks



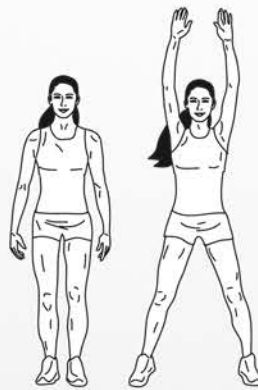
15-count plank hold



15 jumping jacks



15 arm circles



15 jumping jacks



15 arm circles