

DAY ONE

DAREBEE
WORKOUT

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Level I 3 sets

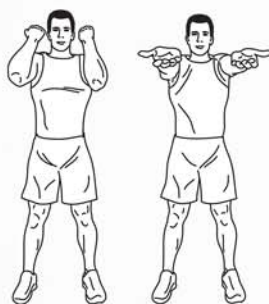
Level II 5 sets

Level III 7 sets

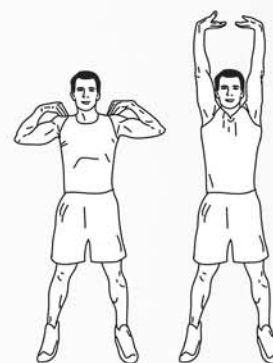
2 minutes rest



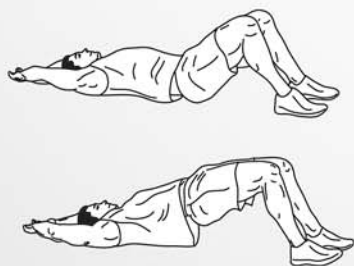
10 forward lunges



20 bicep extensions



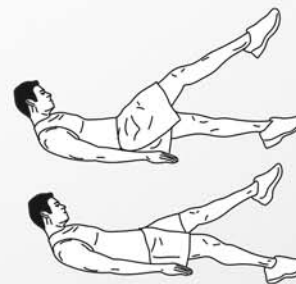
20 shoulder taps



10 bridges



10 heel taps



10 flutter kicks