

# EXTRA SPICE

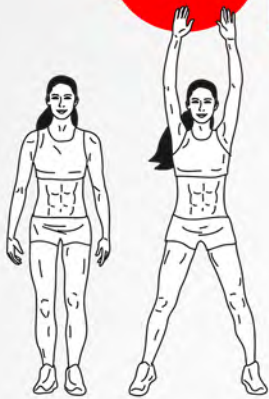
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

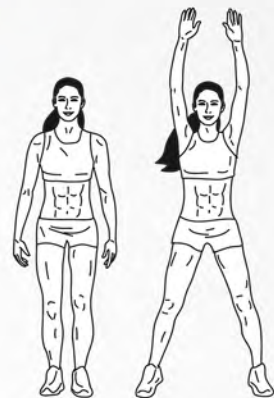
2 minutes rest



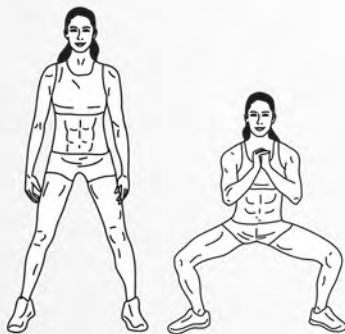
**10** jumping jacks



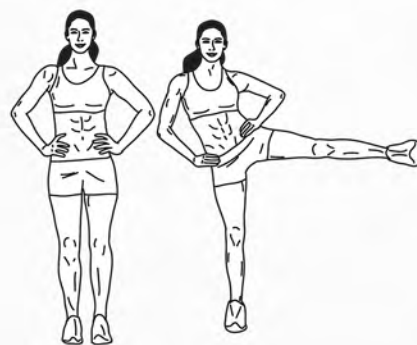
**10** knee-to-elbows



**10** jumping jacks



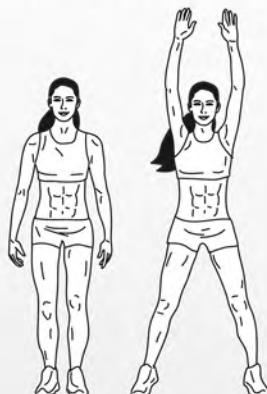
**10** goblet squats



**10** side leg raises



**10** raised arm circles



**10** jumping jacks