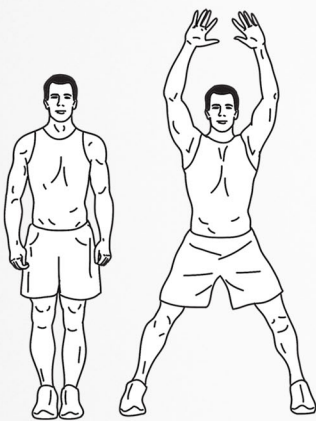


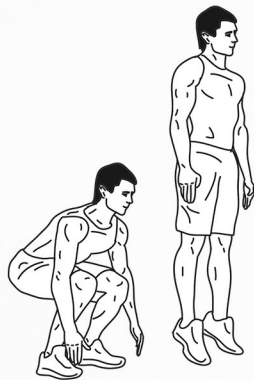
# STAND & DELIVER!

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

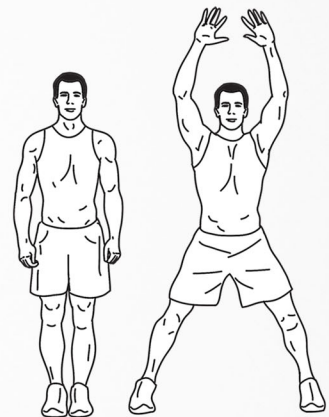
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



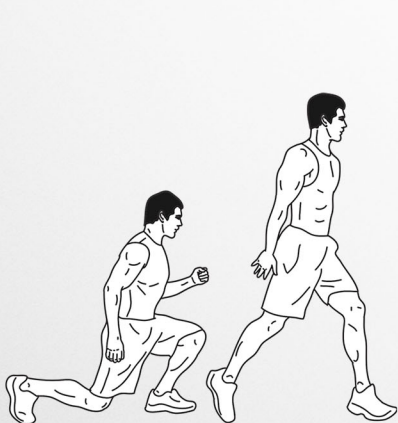
**10** jumping jacks



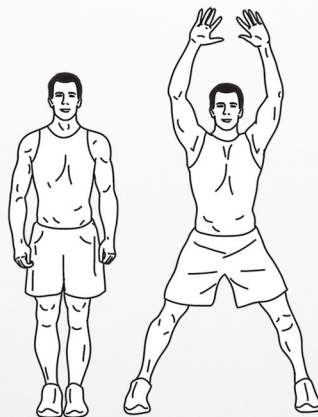
**4** jump squats



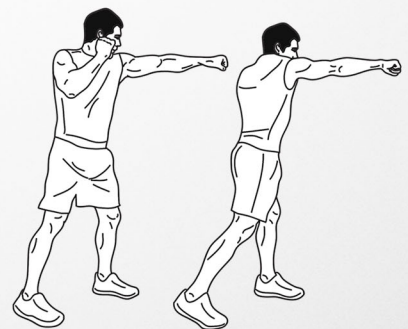
**10** jumping jacks



**4** jumping lunges



**10** jumping jacks



**20** punches