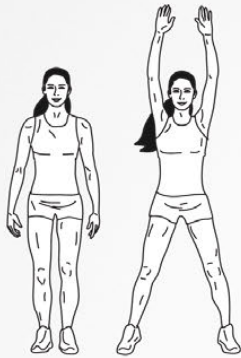


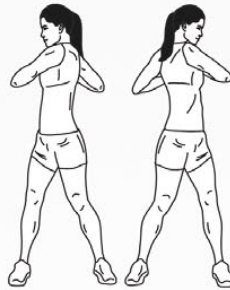
TAKE OFF

DAREBEE WORKOUT @ darebee.com

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



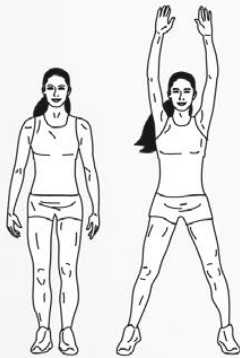
10 jumping jacks



10 torso twists



one jump squat



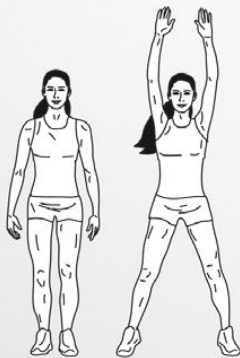
10 jumping jacks



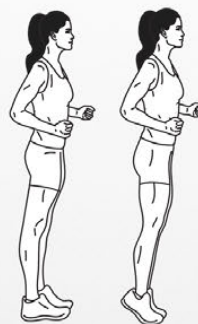
10 knee-to-elbows



one jump squat



10 jumping jacks



10 calf raises



one jump squat