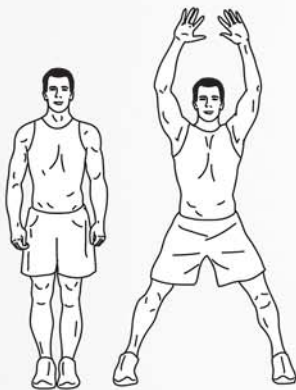


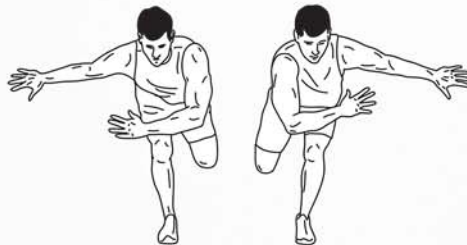
# WILD WEST

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

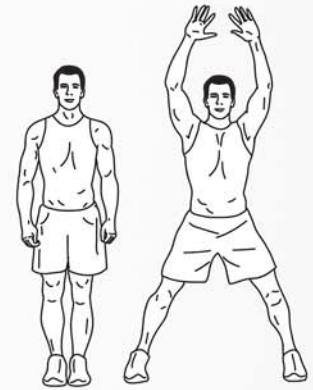
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



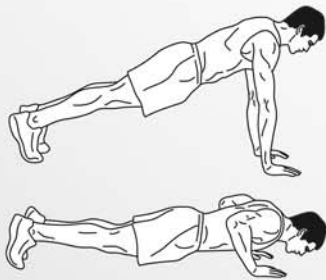
10 jumping jacks



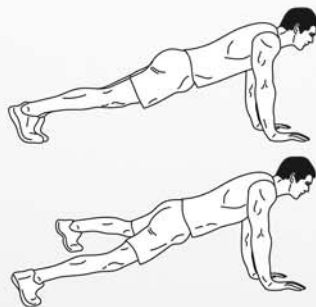
4 side-to-side jumps



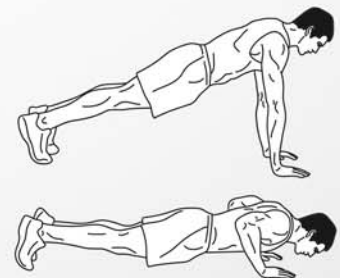
10 jumping jacks



10 push-ups



4 plank jacks



10 push-ups