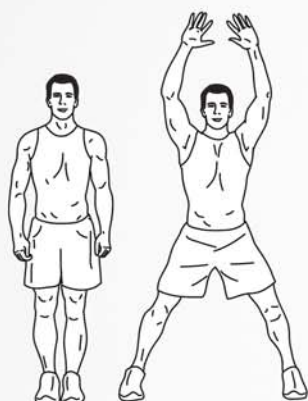


ALLOUT

DAREBEE WORKOUT @ darebee.com

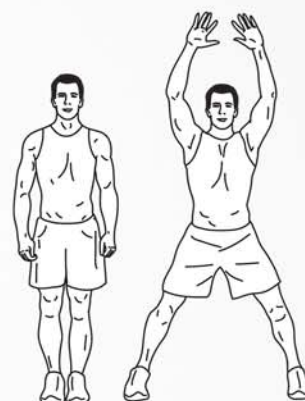
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



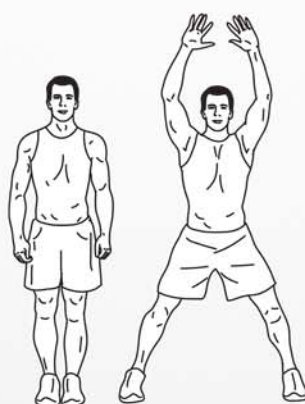
10 butt kicks



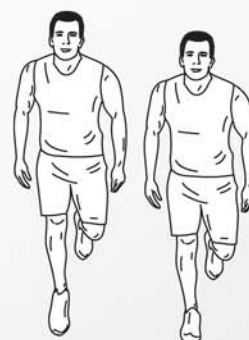
10 jumping jacks



10 single leg hops
left leg



10 jumping jacks



10 single leg hops
right leg