

# CAN'T TOUGH THIS

WORKOUT

BY DAREBEE

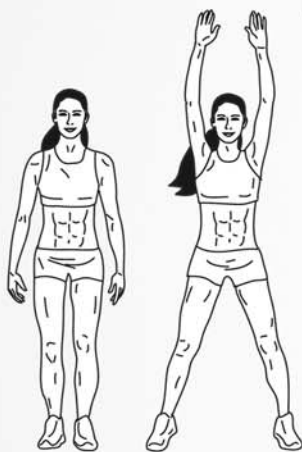
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



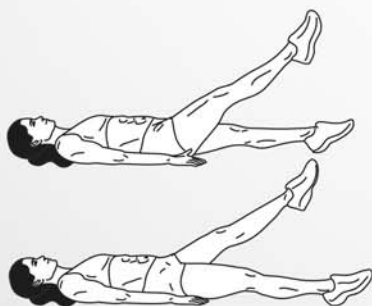
**20** jumping jacks



**20** shoulder taps



**20** leg extensions



**10** flutter kicks



**10** bridges



**10** sitting twists