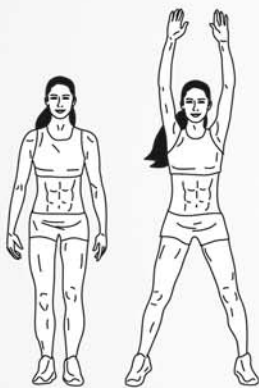


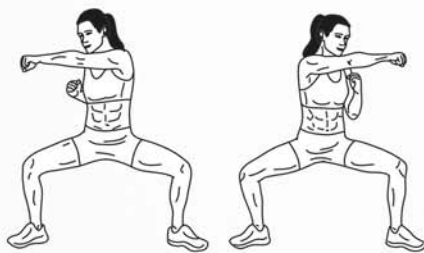
A GIRL ON FIRE

DAREBEE WORKOUT @ darebee.com

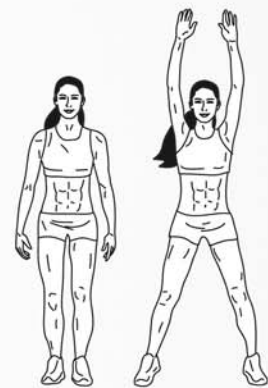
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



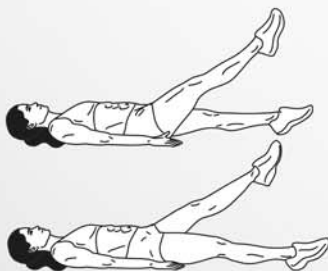
10 jumping jacks



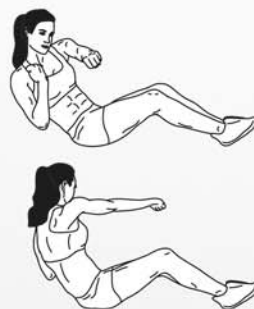
30 squat hold punches



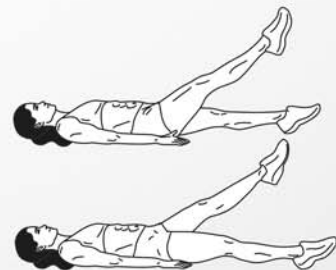
10 jumping jacks



10 flutter kicks



30 sitting punches



10 flutter kicks