

LOUDER THAN WORDS

DAREBEE
WORKOUT

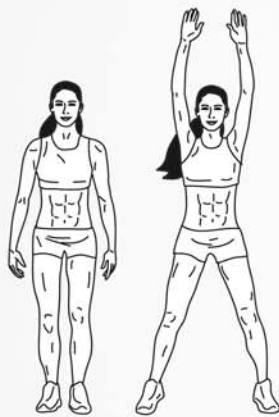
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Level I 3 sets

Level II 5 sets

Level III 7 sets

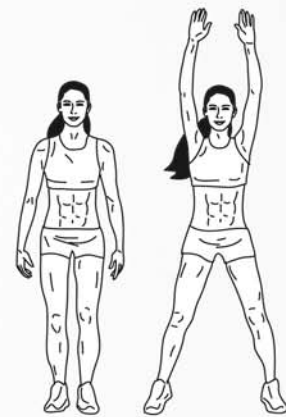
2 minutes rest



10 jumping jacks



2 hop heel clicks



10 jumping jacks



10 butt kicks



2 jumping lunges



10 butt kicks