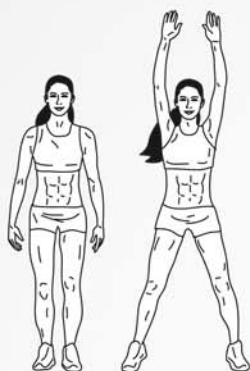


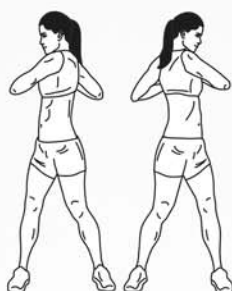
# TAKE OFF

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

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



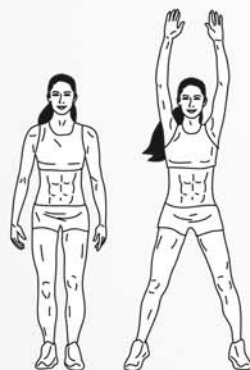
**10** jumping jacks



**10** torso twists



**one** jump squat



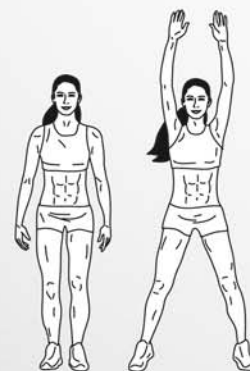
**10** jumping jacks



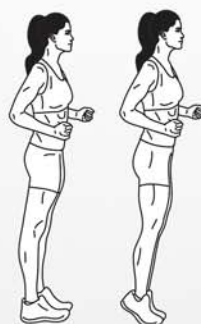
**10** knee-to-elbows



**one** jump squat



**10** jumping jacks



**10** calf raises



**one** jump squat