

# BIG BANG

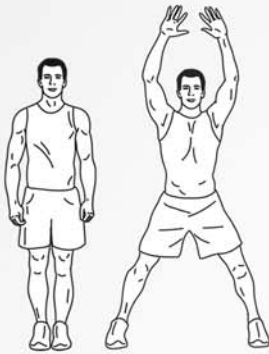
DAREBEE WORKOUT  
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LEVEL I 3 sets

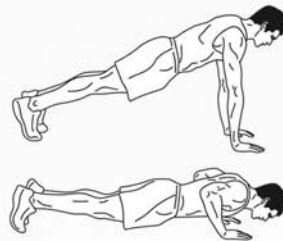
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



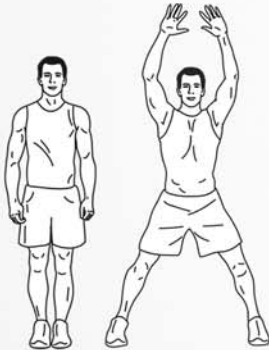
10 jumping jacks



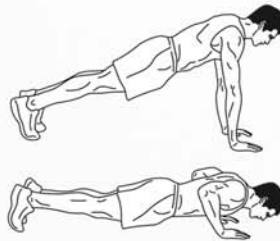
2 push-ups



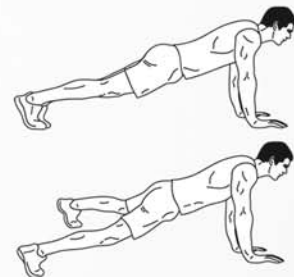
2 jump squats



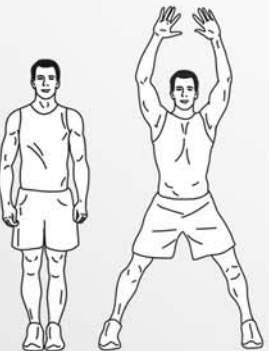
10 jumping jacks



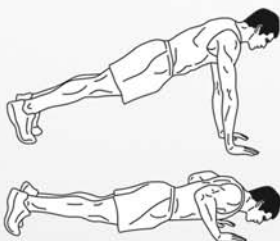
2 push-ups



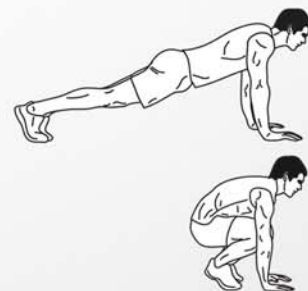
2 plank jacks



10 jumping jacks



2 push-ups



2 plank jump-ins