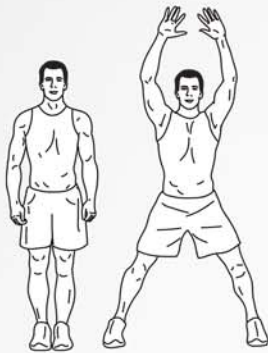


SPACEMAN

DAREBEE WORKOUT @ darebee.com

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



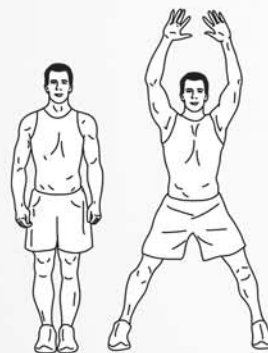
10 jumping jacks



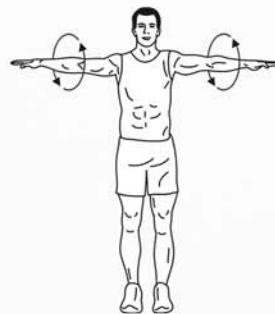
10-count right leg hold



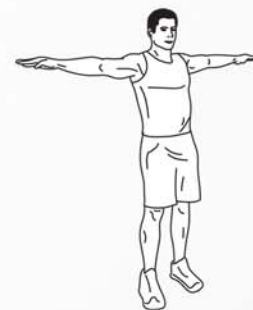
10-count left leg hold



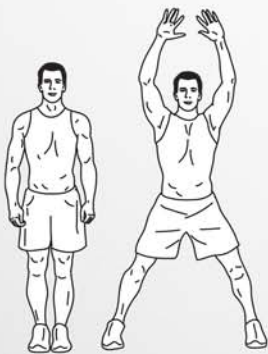
10 jumping jacks



20 raised arm circles



10-count arm hold



10 jumping jacks



10-count right leg hold



10-count left leg hold