

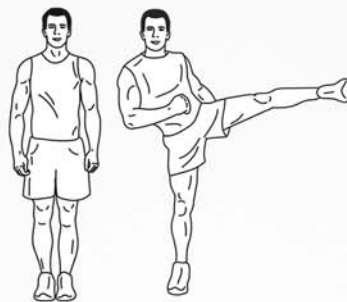
TORCH

DAREBEE WORKOUT @ darebee.com

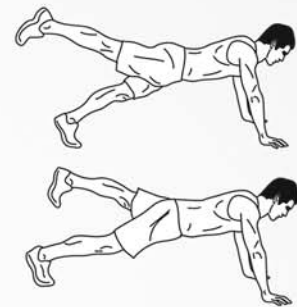
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



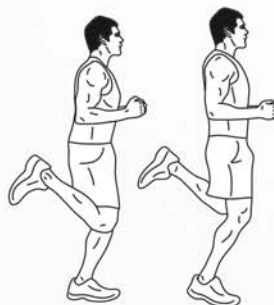
20 side leg raises



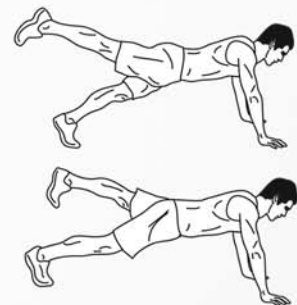
10 plank leg raises



20 high knees



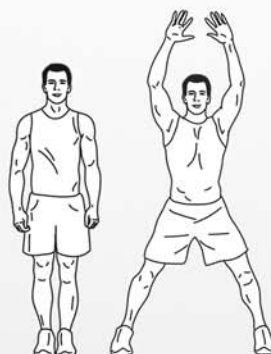
20 butt kicks



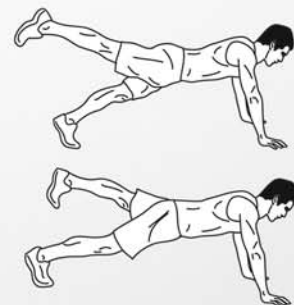
10 plank leg raises



20 high knees



20 jumping jacks



10 plank leg raises