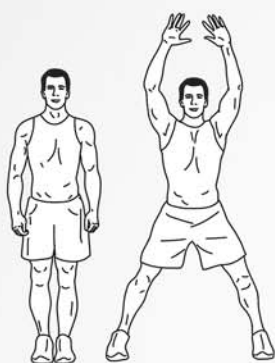


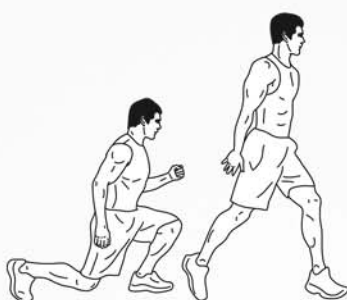
ALADDIN

DAREBEE WORKOUT @ darebee.com

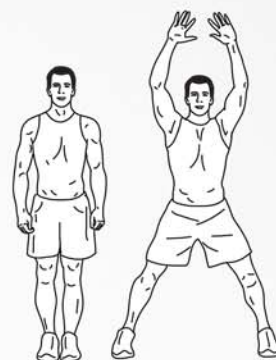
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



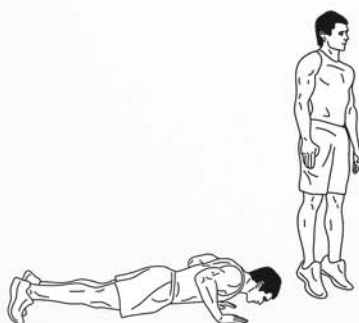
4 jumping lunges



10 jumping jacks



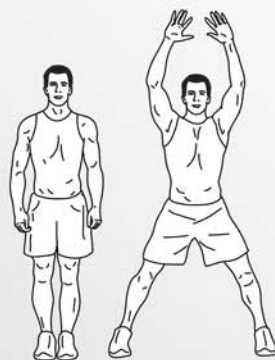
10 shoulder taps



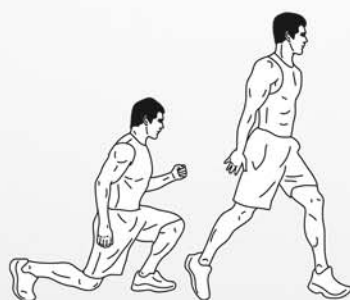
4 burpees



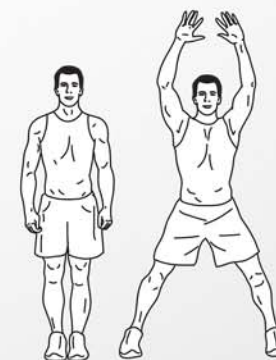
10 shoulder taps



10 jumping jacks



4 jumping lunges



10 jumping jacks