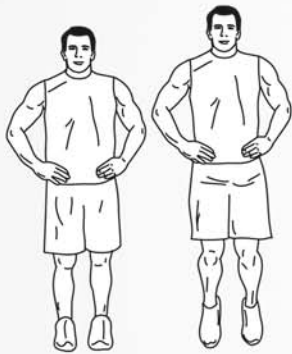


the floor is

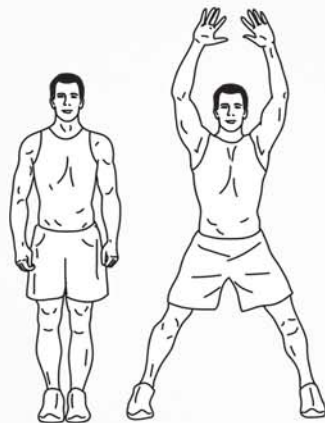
LAVA

DAREBEE WORKOUT @ darebee.com

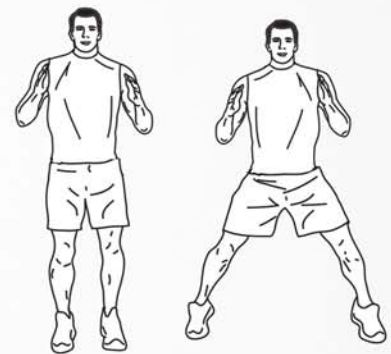
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



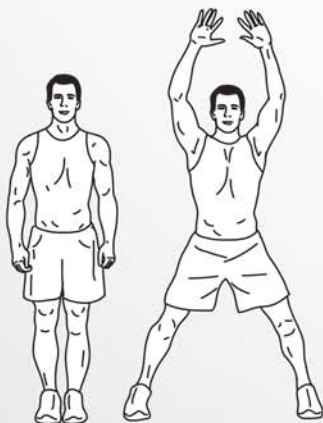
10 hops, feet together



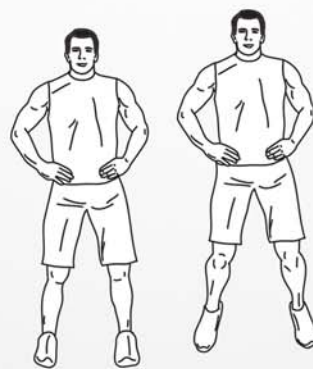
10 jumping jacks



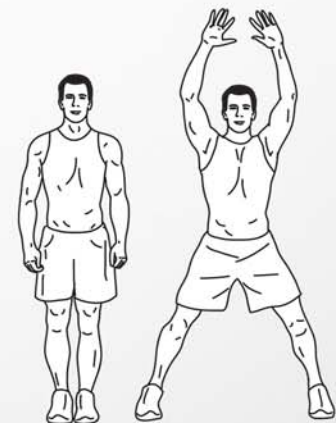
10 half jacks



10 jumping jacks



10 hops, feet apart



10 jumping jacks