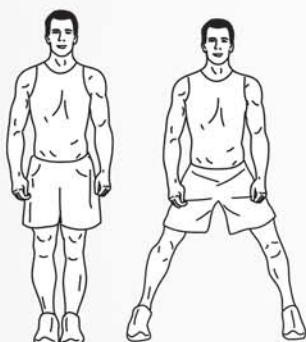


HOME ALONE

DAREBEE WORKOUT @ darebee.com

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



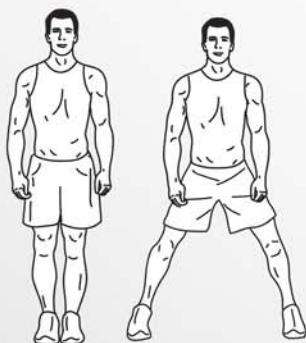
10 half jacks



20 high knees



4 reverse lunges



10 half jacks



20 high knees



4 squats