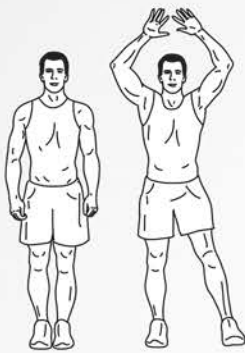


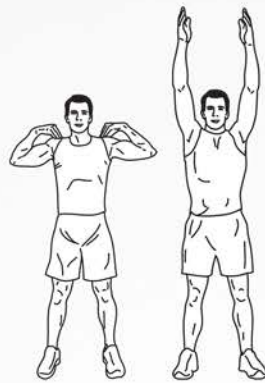
# GROUNDWORK

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

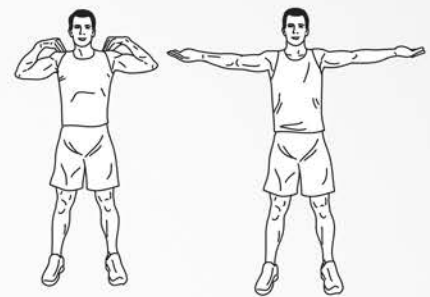
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



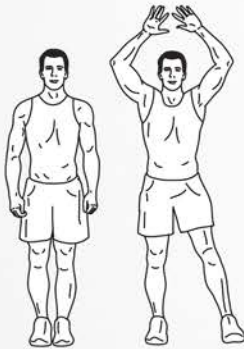
**20** step jacks



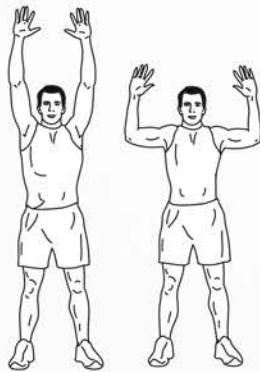
**10** shoulder taps



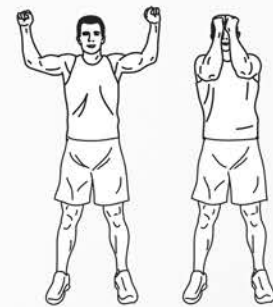
**10** side shoulder taps



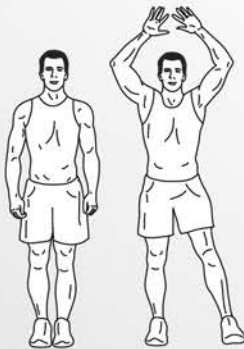
**20** step jacks



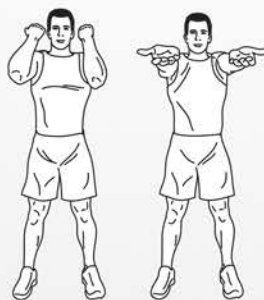
**10** W-extensions



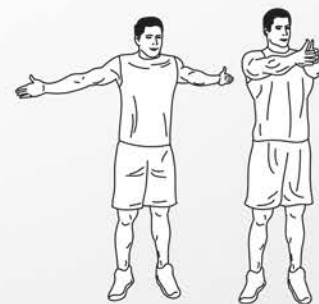
**10** elbow clicks



**20** step jacks



**10** bicep extensions



**10** chest expansions