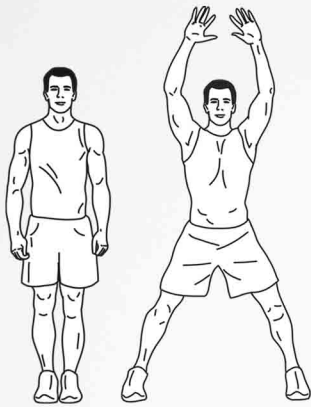


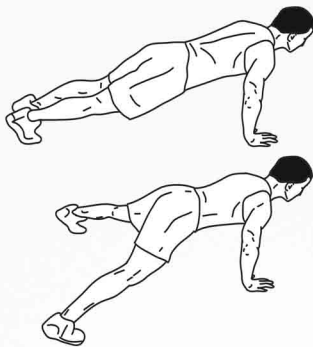
# THE ROASTER

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

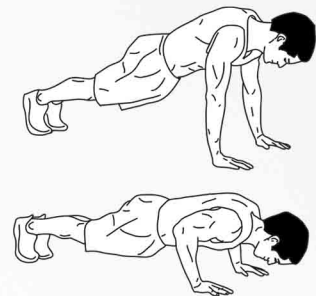
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



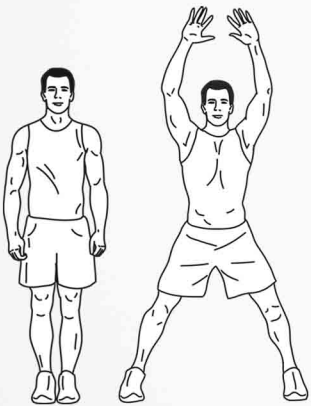
20 jumping jacks



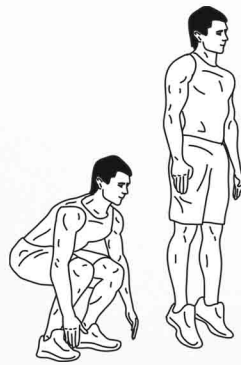
2 plank jacks



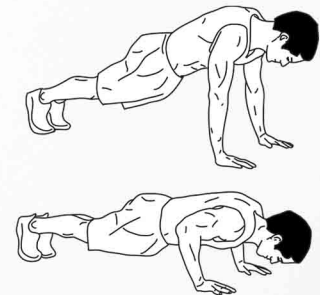
2 push-ups (fast!)



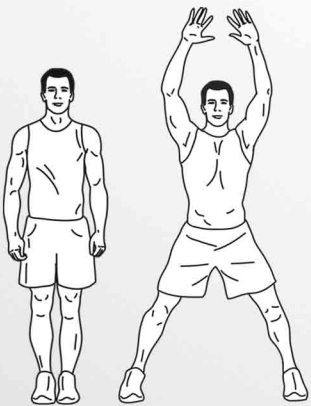
20 jumping jacks



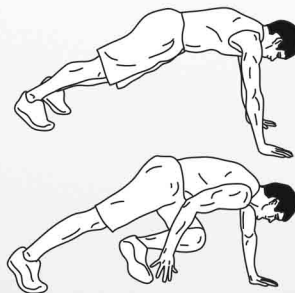
2 jump squats



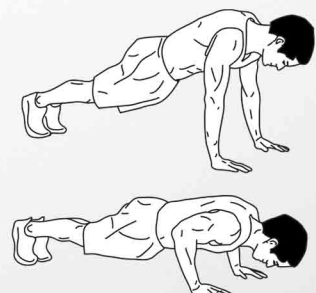
2 push-ups (fast!)



20 jumping jacks



2 climber taps



2 push-ups (fast!)