

# BIG BANG

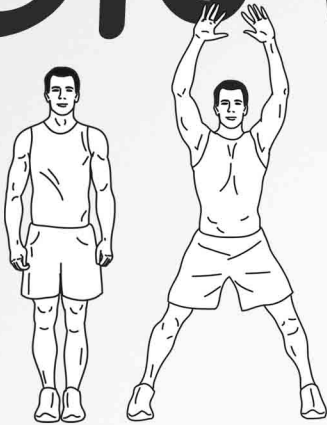
DAREBEE WORKOUT  
@ [darebee.com](http://darebee.com)

LEVEL I 3 sets

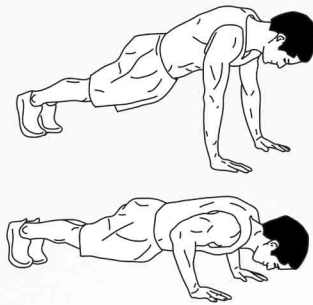
LEVEL II 5 sets

LEVEL III 7 sets

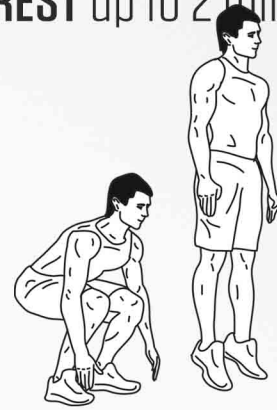
REST up to 2 minutes



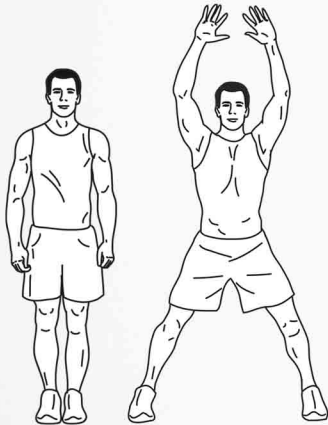
10 jumping jacks



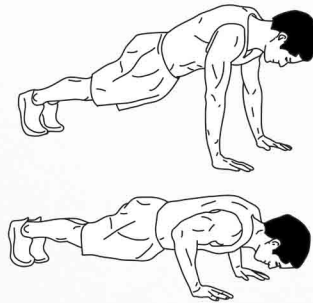
5 push-ups



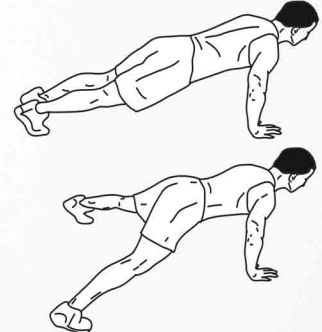
5 jump squats



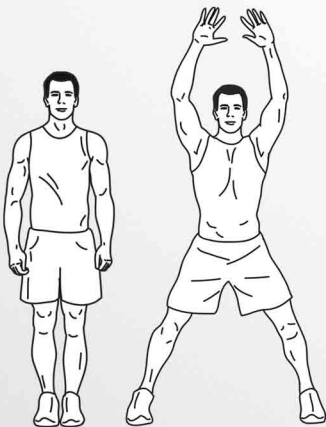
10 jumping jacks



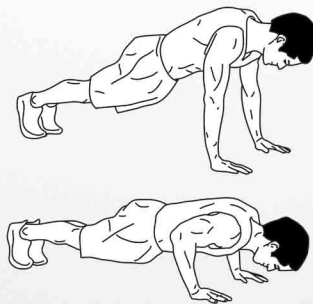
5 push-ups



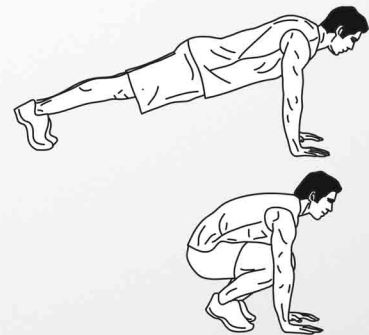
5 plank jacks



10 jumping jacks



5 push-ups



5 plank jump-ins