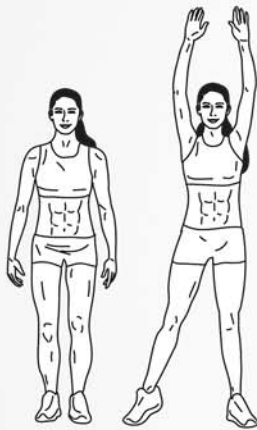


# Bright & Beautiful

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

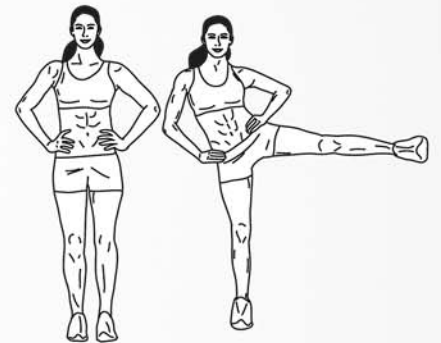
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



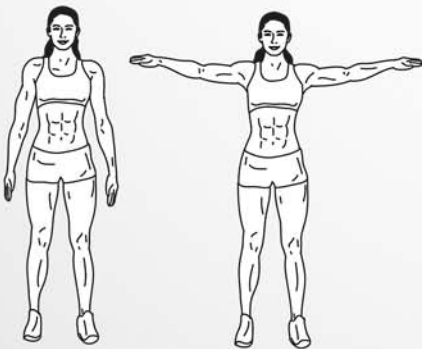
**10** step jacks



**6** squat step backs



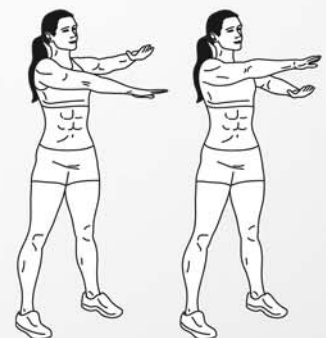
**10** side leg raises



**20** arm raises



**20** raised arm circles



**20** arm scissors