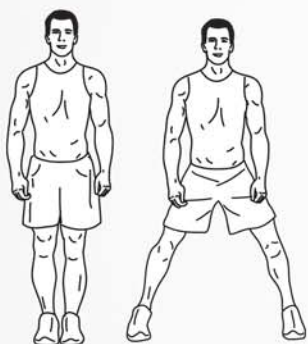


# HOME ALONE

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

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



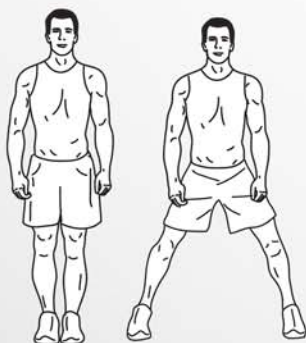
**10** half jacks



**20** high knees



**4** reverse lunges



**10** half jacks



**20** high knees



**4** squats