PIECE

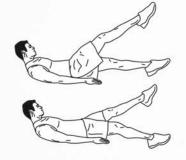
DAREBEE WORKOUT

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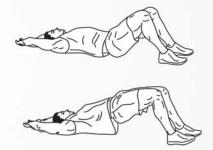
Level I 3 sets Level II 4 sets Level III 5 sets 2 minutes rest



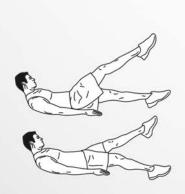
40 side leg raises



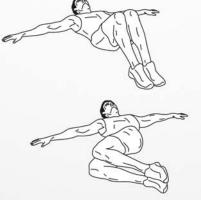
10 flutter kicks



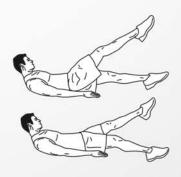
10 bridges



10 flutter kicks



10 knee rolls



10 flutter kicks