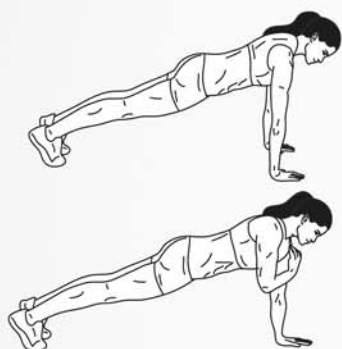
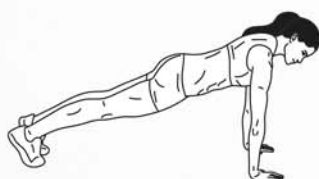


Verity

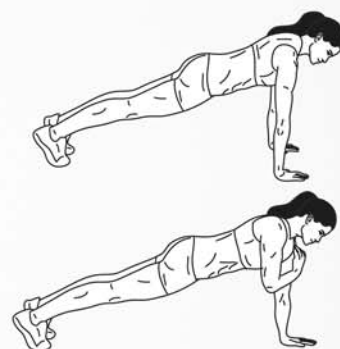
DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



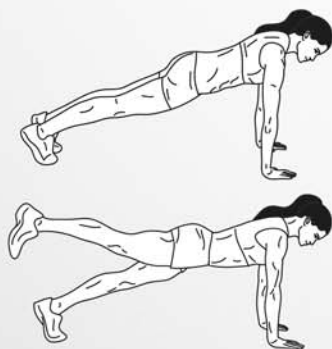
10 shoulder taps



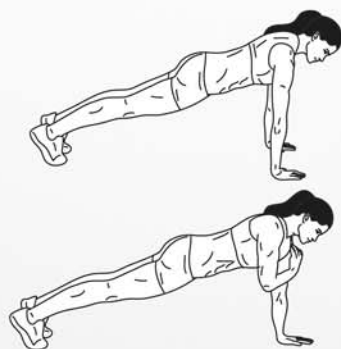
10-count plank hold



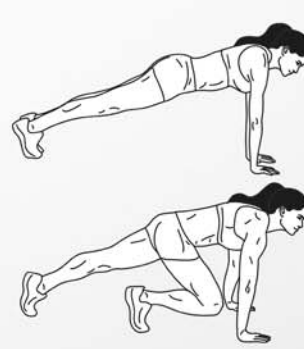
10 shoulder taps



10 plank leg raises



10 shoulder taps



10 slow climbers