

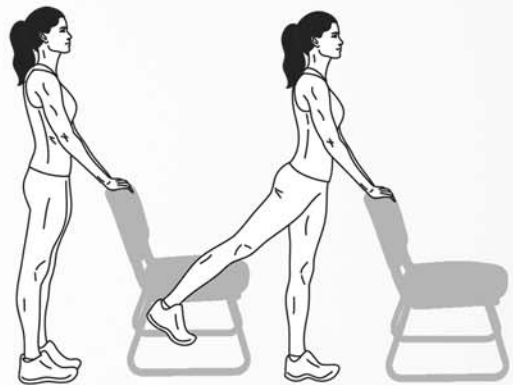
REST & REPAIR

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



40 side leg raises



40 backward leg raises



10 glute flex



10 half wipers



10 clamshells