

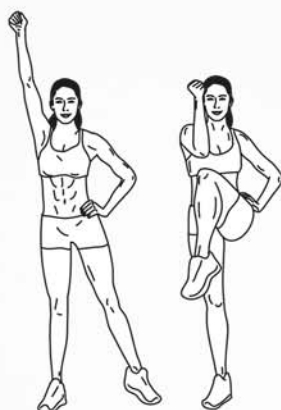
# THRIVE

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

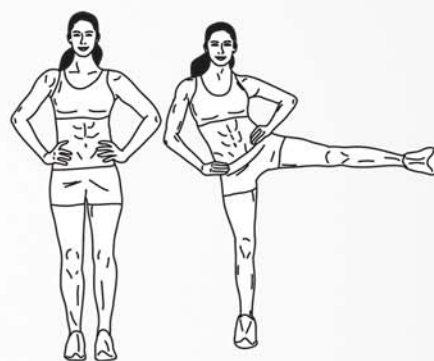
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



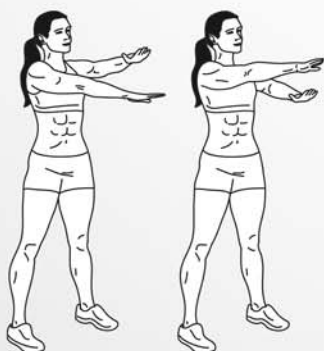
**20** side leg raises  
right leg



**10** knee-to-elbows



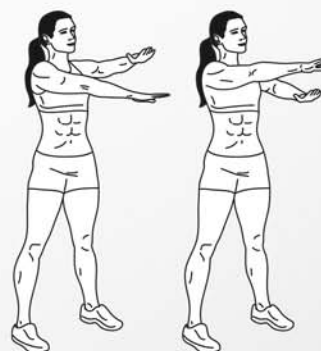
**20** side leg raises  
left leg



**20** arm scissors



**10** raised arm circles



**20** arm scissors