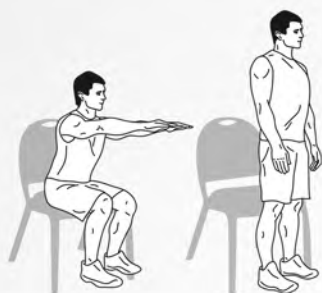


Below Zero

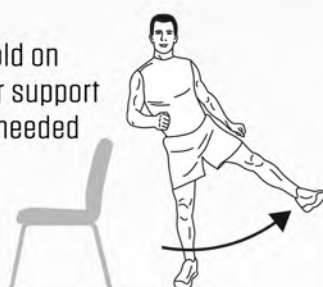
DAREBEE WORKOUT @ darebee.com

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



4 sit to stand

Hold on
for support
if needed

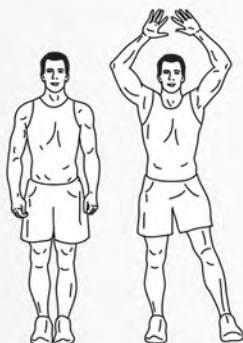


10 side leg raises

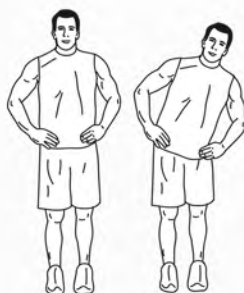
Hold on
for support
if needed



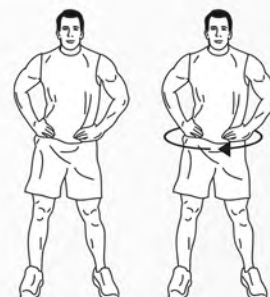
10 back leg raises



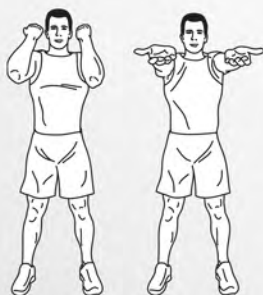
10 step jacks



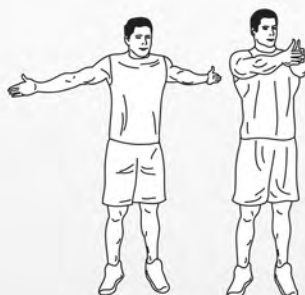
4 side bends



4 hip rotations



10 bicep extensions



10 chest expansions



10 arm circles