

today, I am wearing my  
**Big Girl Pants**

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

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



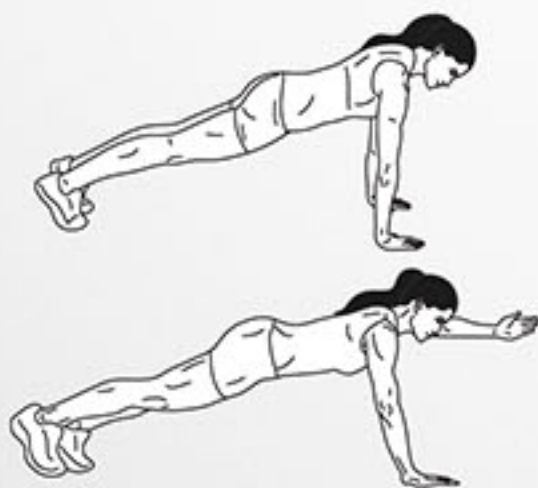
**10** squats



**10** squat step backs



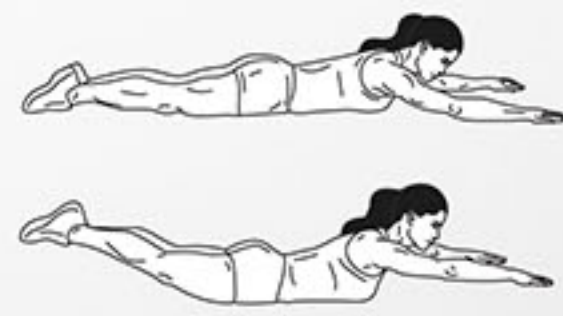
**10** squat hold calf raises



**10** plank arm raises



**10** slow climbers



**10** back stretches