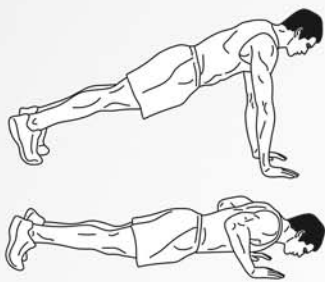


THE BOULDER

DAREBEE WORKOUT @ darebee.com

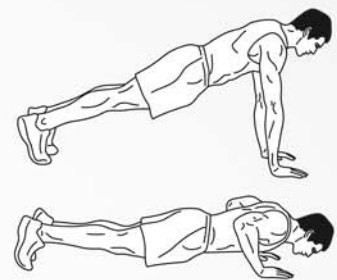
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



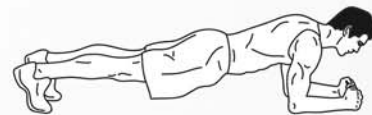
4 push-ups



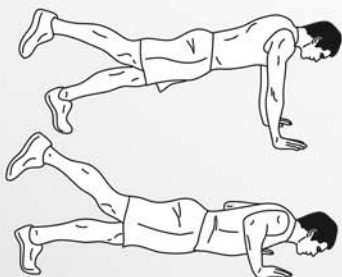
10-count plank



4 push-ups



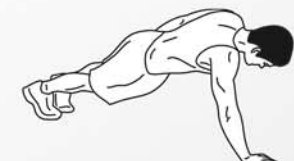
4 up and down planks



4 raised leg push-ups



10 shoulder taps



10 thigh taps