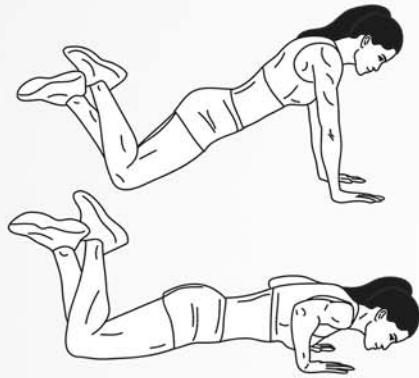


Breasts **Lift**

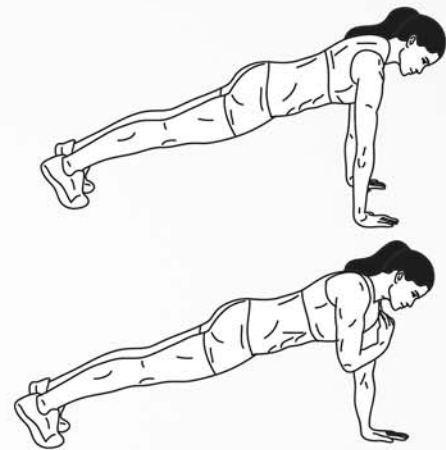
DAREBEE WORKOUT @ darebee.com

Repeat 5 times in total

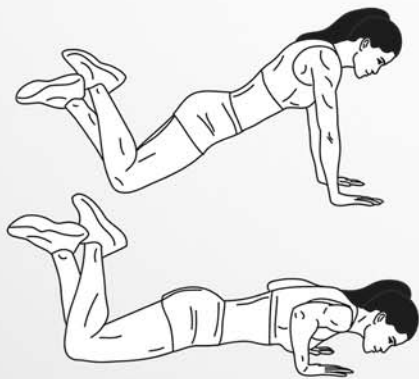
2 minutes rest between sets



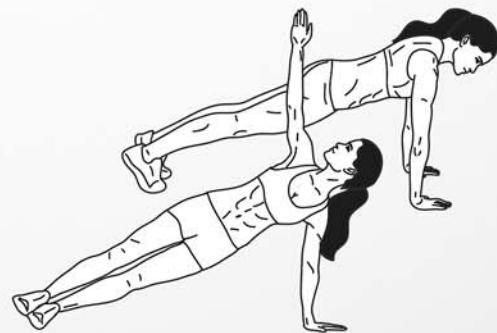
5 knee push-ups



10 shoulder taps



5 knee push-ups



10 plank rotations