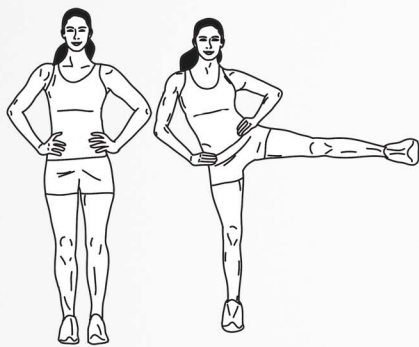


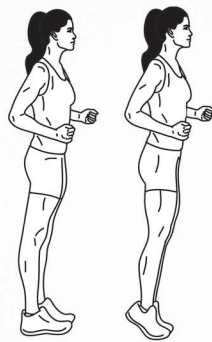
# ICAN & IWILL

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

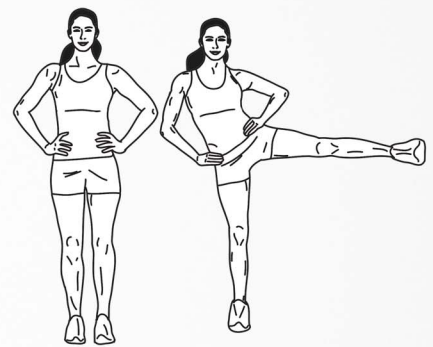
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



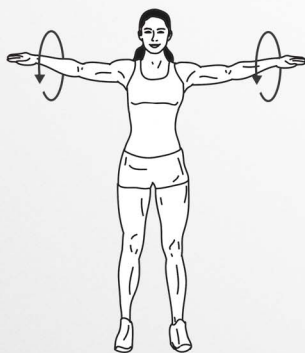
**20** side leg raises



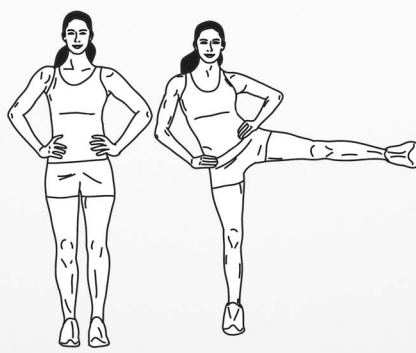
**5** calf raises



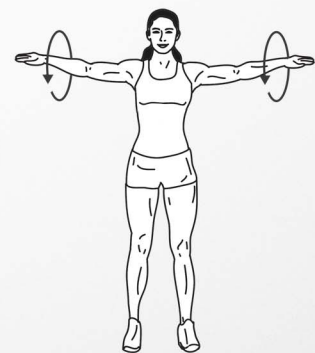
**20** side leg raises



**20** arm circles



**20** side leg raises



**20** arm circles