

THE CENTENARIAN

DAREBEE WORKOUT © darebee.com

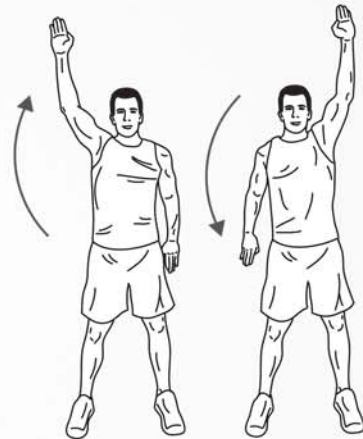
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



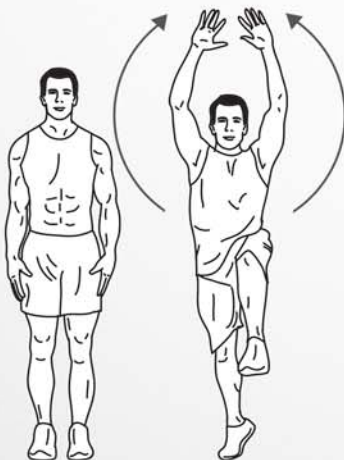
20 straight back leg swings



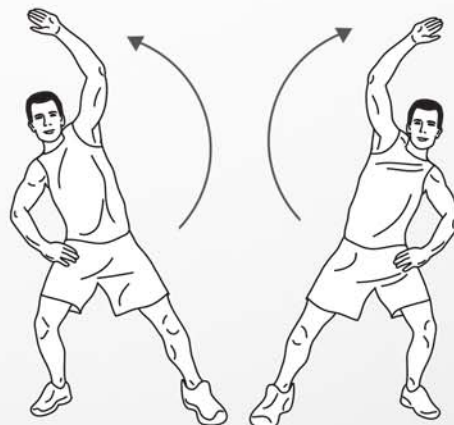
10 hip rotations



20 alternating chest expansions



20 march jacks



20 side jacks