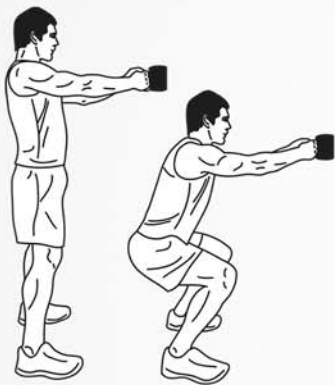
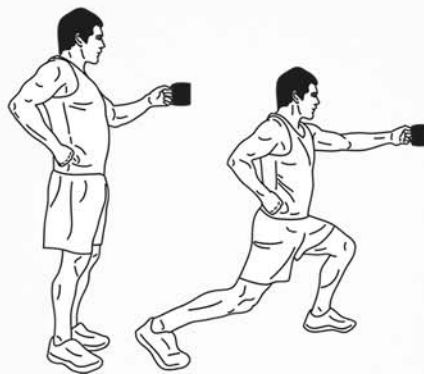


Coffee **BREAK**

DAREBEE WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets



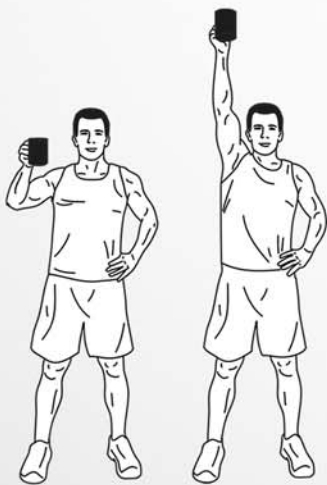
4 squats



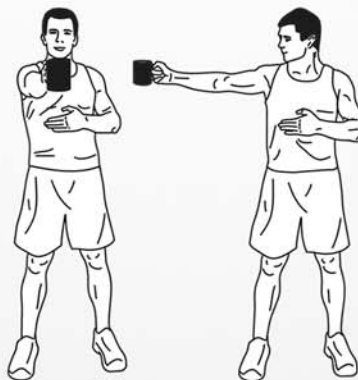
4 lunges



10 side leg swings



10 mug raises



10 arm extensions



10-count hold