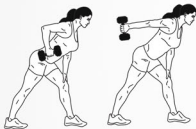


COME BACK STRONGER

DAREBEE WORKOUT @ darebee.com

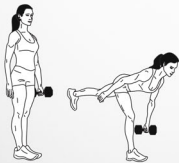
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



12 tricep extensions



6 overhead tricep extensions



12 single leg deadlifts



6 goblet squats