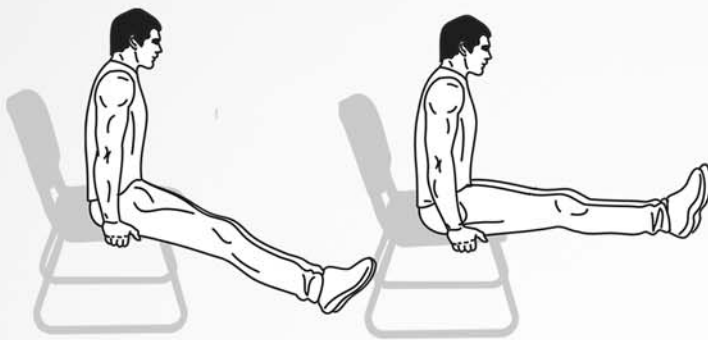
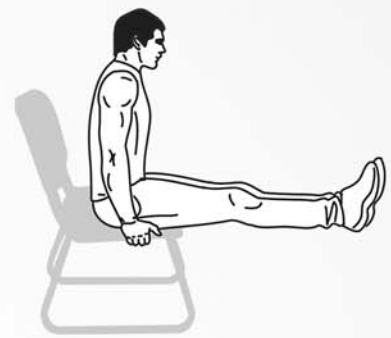


Ctrl+Alt+Shift

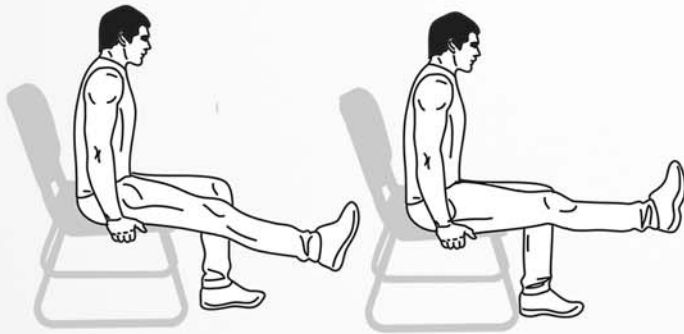
DAREBEE OFFICE WORKOUT @ darebee.com



20 leg raises



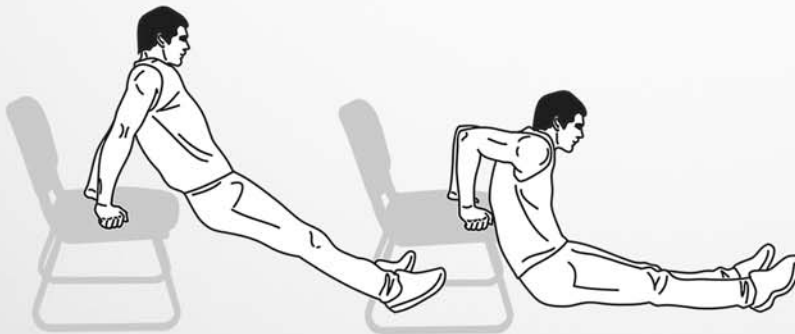
20-count raised leg hold



40 leg swings



20-count knee raise hold



20 tricep dips



20-count tricep dip hold