

# THIS IS MY DAY OFF

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



40 side leg raises



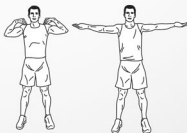
40 back leg raises



40 arm circles



40 bicep extensions



40 side shoulder taps