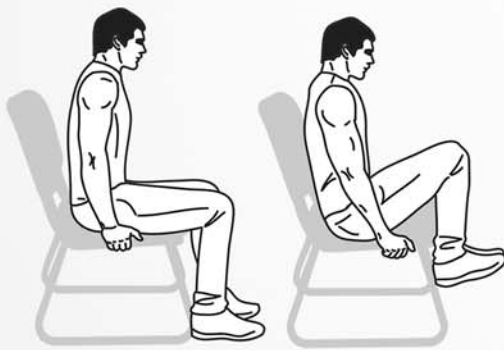


# DOCKED

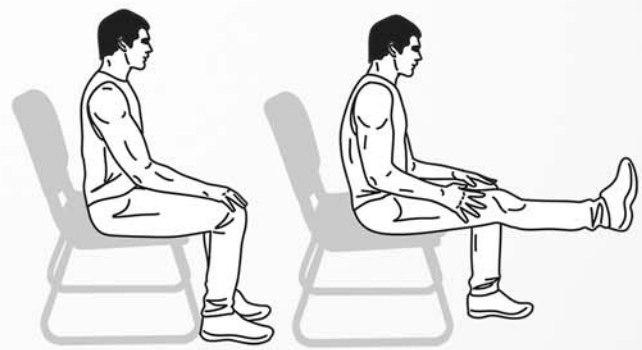
DAREBEE OFFICE WORKOUT © [darebee.com](http://darebee.com)



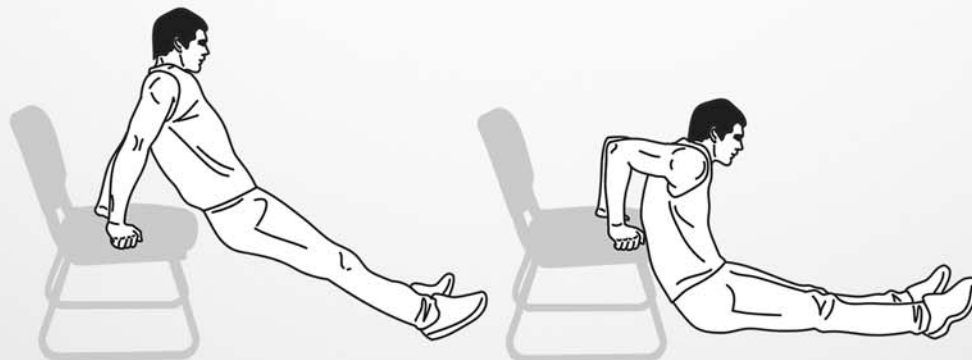
**20** chair pistol squats



**20** knee crunches



**20** leg extensions



**20** chair tricep dips