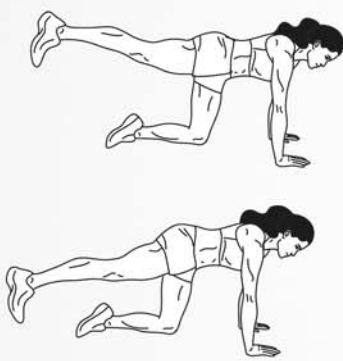


Early Bird

DAREBEE WORKOUT @ darebee.com

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



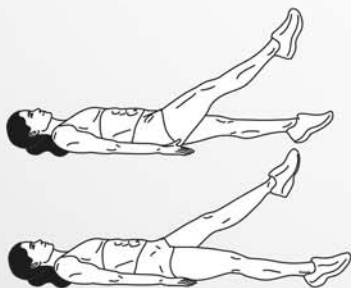
20 leg swings



4 upward downward dog



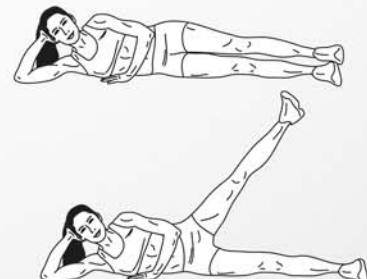
20 bridges



20 flutter kicks



4 sitting twists



20 side leg raises