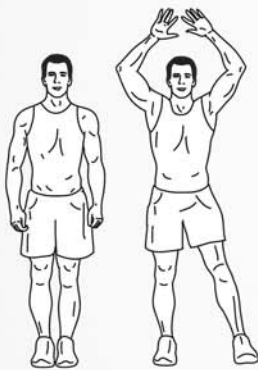


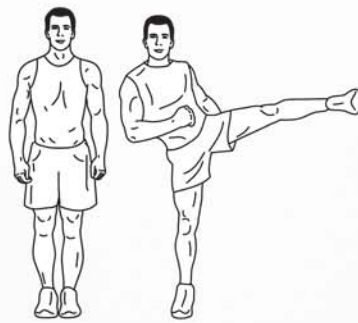
EASY DOES IT

DAREBEE WORKOUT @ darebee.com

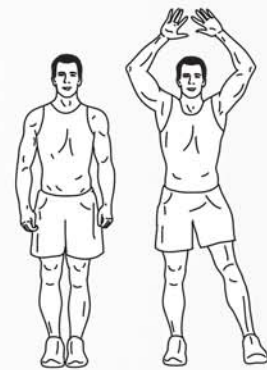
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



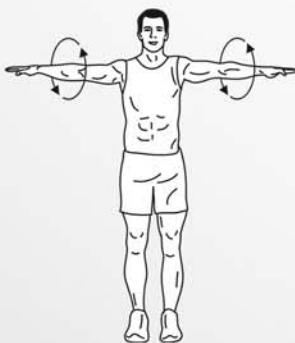
10 step jacks



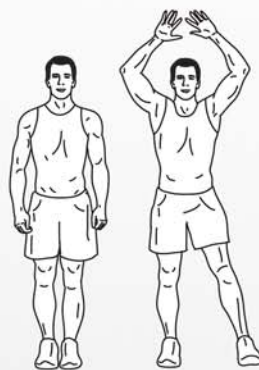
20 side leg raises



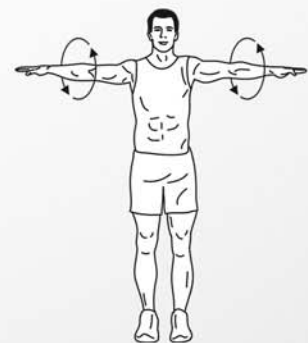
10 step jacks



20 raised arm circles



10 step jacks



20 raised arm circles