

END GAME

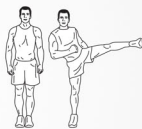
DAREBEE POST-WORKOUT @ darebee.com



40 side leg raises
right leg



20 calf raises



40 side leg raises
left leg



40 back leg raises
right leg



20 calf raises



40 back leg raises
left leg