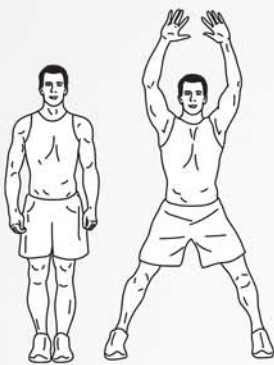


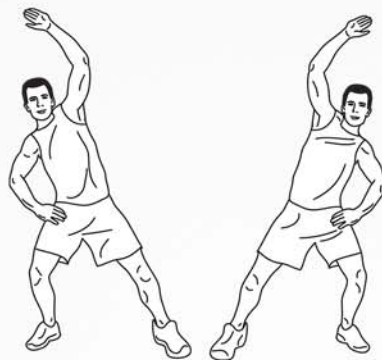
EXORCISM

WORKOUT BY DAREBEE @ darebee.com

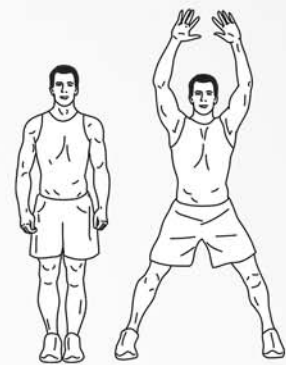
5 sets 2 minutes rest between sets



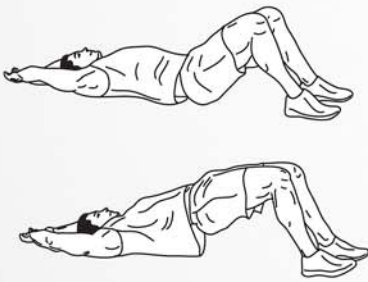
20 jumping jacks



10 side jacks



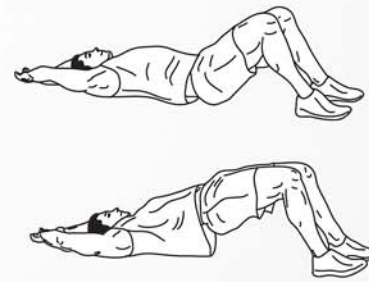
20 jumping jacks



10 bridges



20-count hollow hold



10 bridges



20 crunches