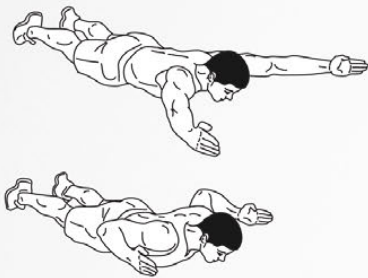
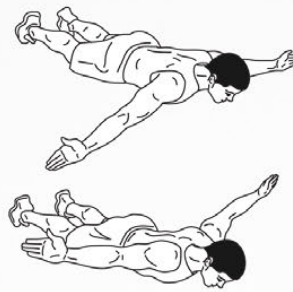


FALLBACK

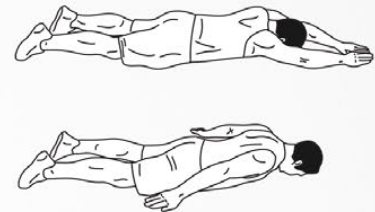
DAREBEE WORKOUT @ darebee.com



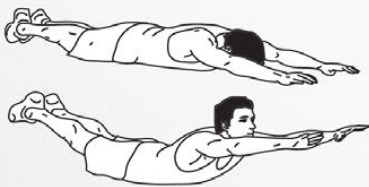
10 W-extensions
3 sets in total
20 sec rest in between



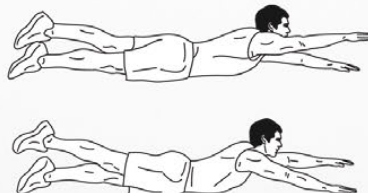
10 prone reverse fly
3 sets in total
20 sec rest in between



10 reverse angels
3 sets in total
20 sec rest in between



10 superman extensions
3 sets in total
20 sec rest in between



10 swimmers
3 sets in total
20 sec rest in between



60 seconds
stretch