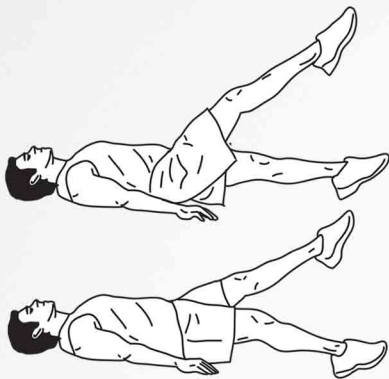


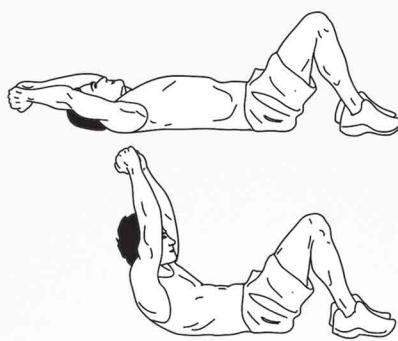
HARD CORE

DAREBEE WORKOUT @ darebee.com

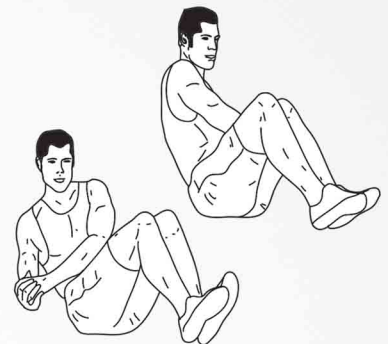
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



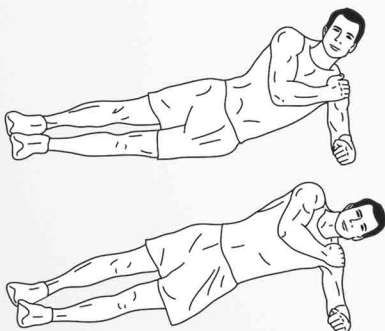
20 flutter kicks



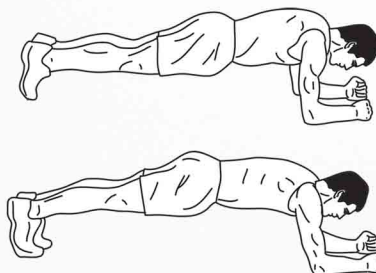
12 long arm crunches



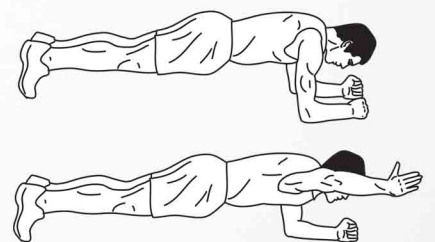
14 sitting twists



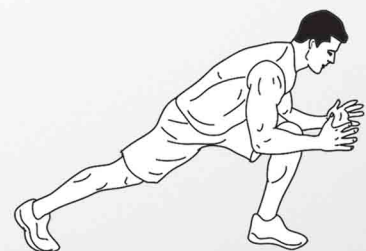
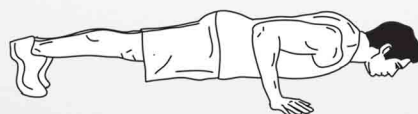
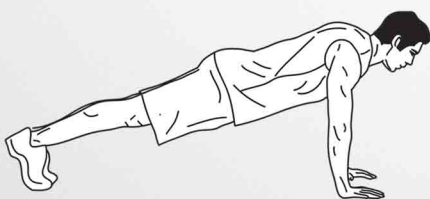
10 side bridges



10 body saw



20 plank arm raises



10 push-up into lunges