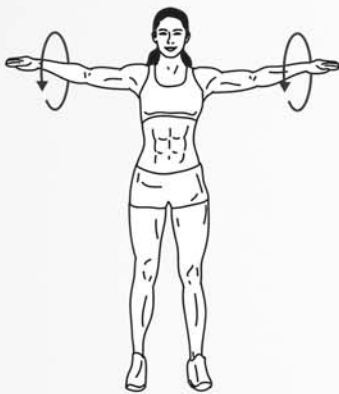


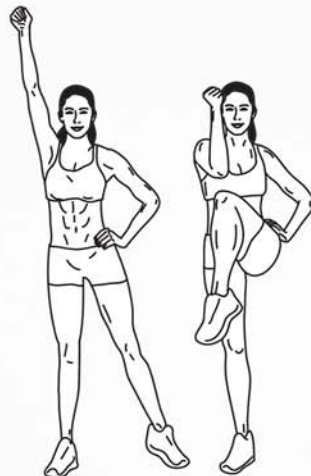
HOUR GLASS

DAREBEE WORKOUT
@ darebee.com

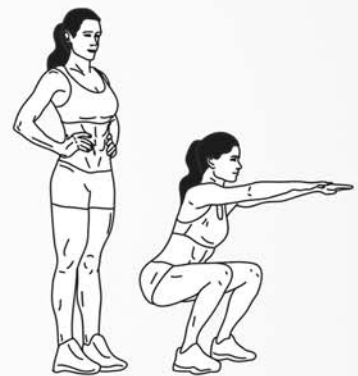
repeat 5 times
2 minutes rest
between sets



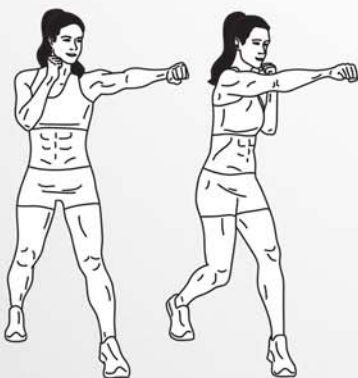
20 raised arm circles



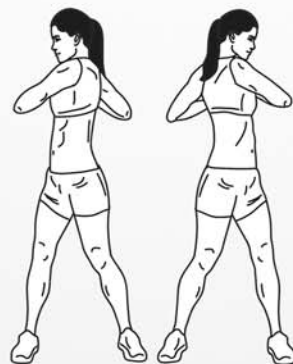
10 knee-to-elbows



10 squats



20 punches



10 twists



10 lunges