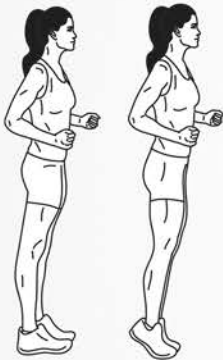




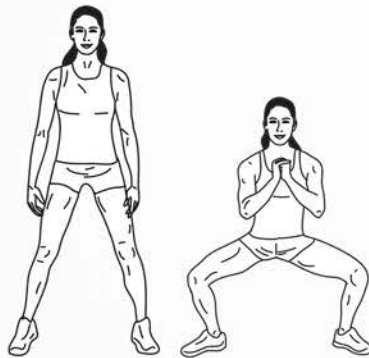
I WORKED OUT TODAY

DAREBEE WORKOUT @ darebee.com

Repeat **5 times** in total 2 minutes rest between sets



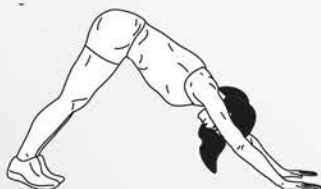
10 calf raises



20 goblet squats



10 side bends



10 upward downward dog



20 flutter kicks