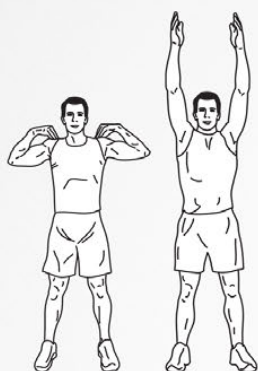


JOURNEY

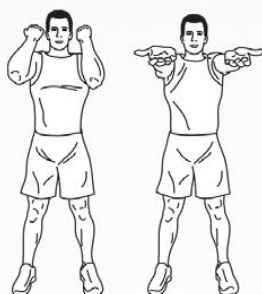
BEFORE DESTINATION

DAREBEE WORKOUT @ darebee.com

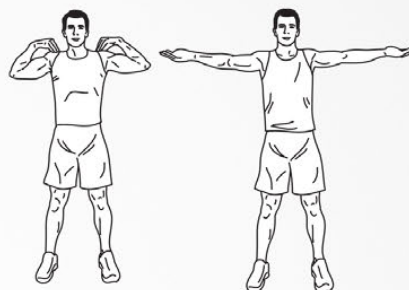
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



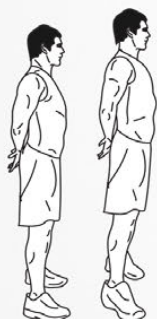
20 shoulder taps



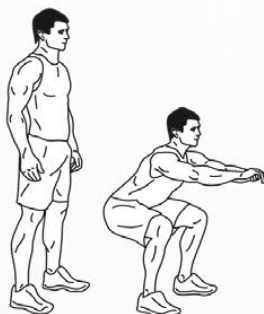
20 bicep extensions



20 side shoulder taps



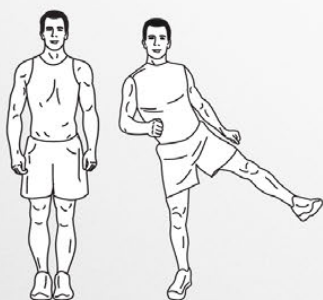
10 calf raises



5 squats



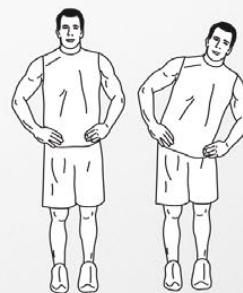
10 reverse lunges



10 side leg raises



10 knee-to-elbows



10 side bends