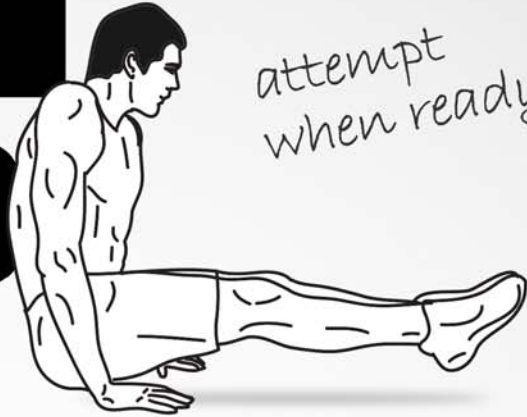
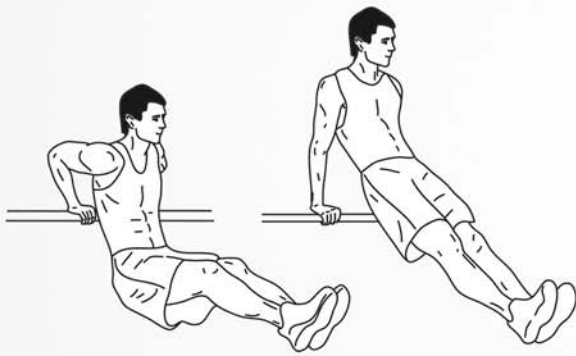


L-SIT PREP



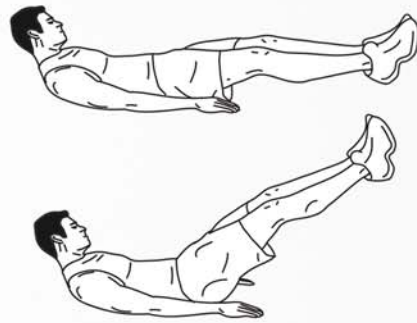
*attempt
when ready*

DAREBEE WORKOUT @ darebee.com



20 tricep dips

4 sets 60sec rest between sets



20 leg raises

4 sets 60sec rest between sets



30sec tuck hold
repeat 2 times in total
60sec rest between sets



30sec boat pose hold
repeat 2 times in total
60sec rest between sets



30sec tuck sit hold
repeat 2 times in total
60sec rest between sets