

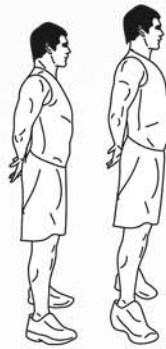
Living Room

DAREBEE WORKOUT @ darebee.com

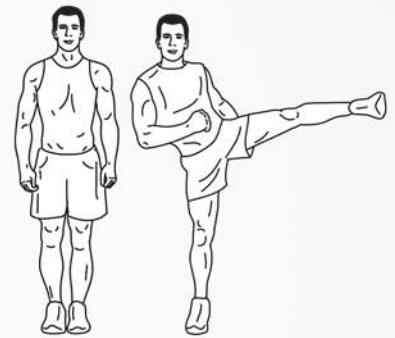
repeat 3 times with 2 minutes rest in between



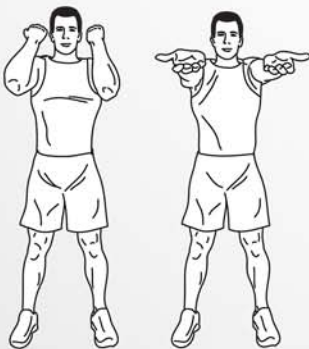
10 lunges



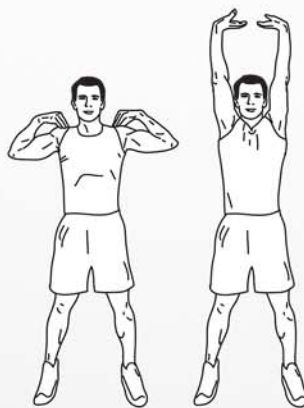
10 calf raises



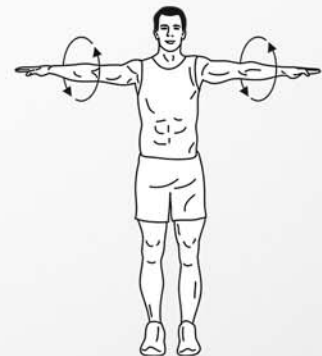
30 side leg raises



30 bicep extensions



30 shoulder taps



30 raised arm circles