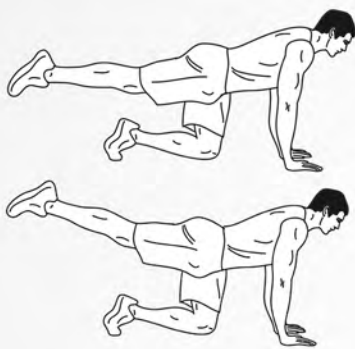
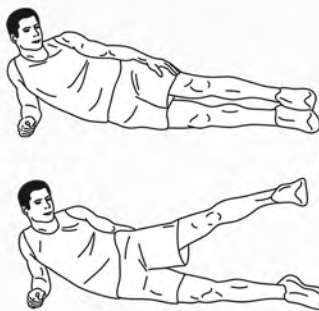


OFF DAY

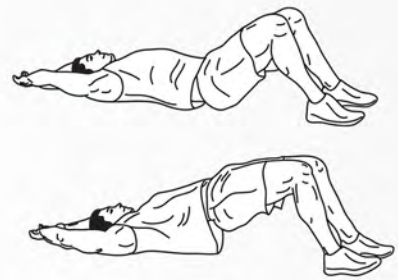
DAREBEE WORKOUT @ darebee.com



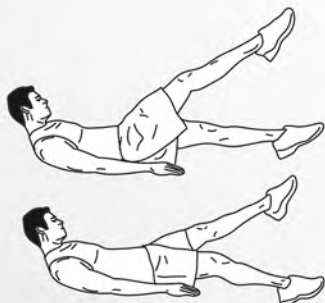
40 leg swings
switch sides and repeat



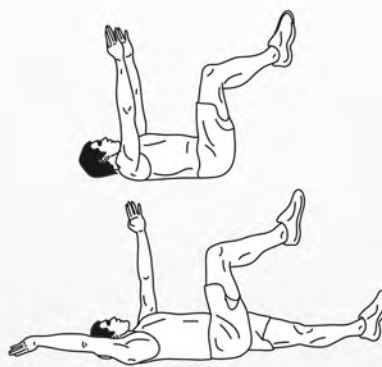
40 side leg raises
switch sides and repeat



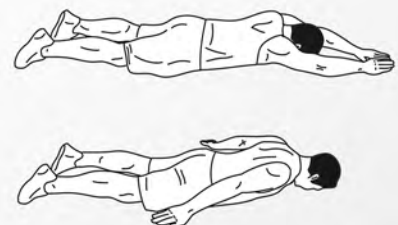
10 bridges x **4 sets**
30 seconds rest



10 flutter kicks x **4 sets**
30 seconds rest



10 dead bugs x **4 sets**
30 seconds rest



10 reverse angels x **4 sets**
30 seconds rest