

ONCE UPON A TIME

DAREBEE WORKOUT

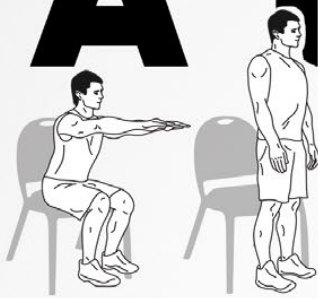
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

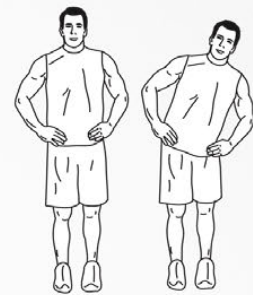
REST up to 2 minutes



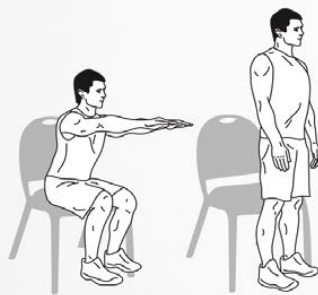
4 sit to stand



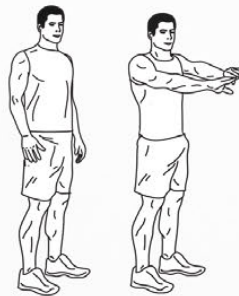
10 hip rotations



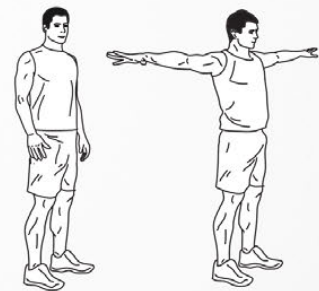
10 side bends



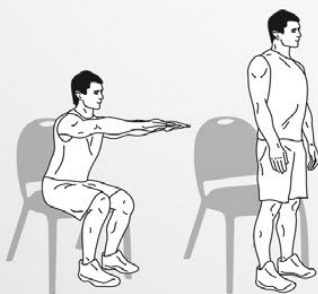
4 sit to stand



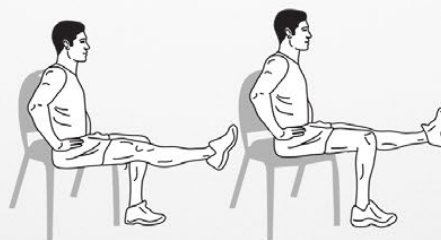
10 arm raises



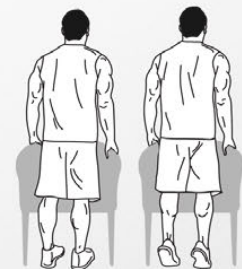
10 side arm raises



4 sit to stand



10 leg raises



10 calf raises