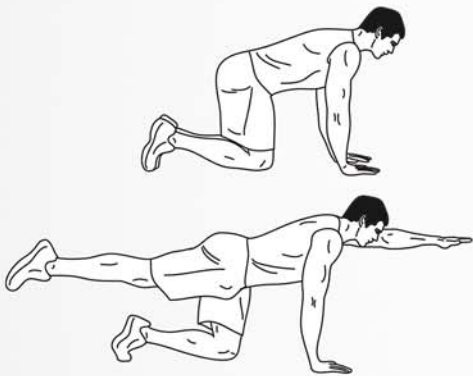
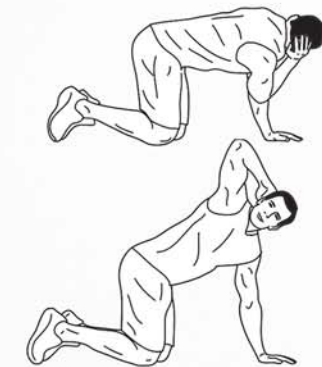


POSTURE PERFECT

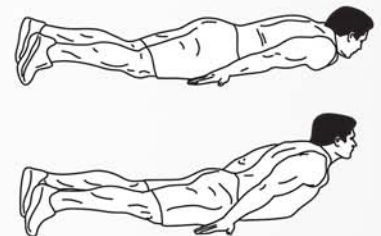
DAREBEE WORKOUT @ darebee.com
repeat 3 times | up to 2 minutes rest in between



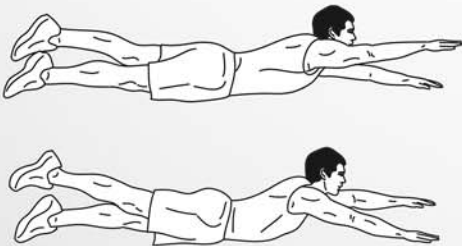
10 alt arm & leg raises



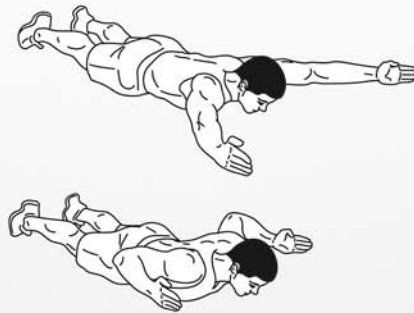
10 plank back rotations



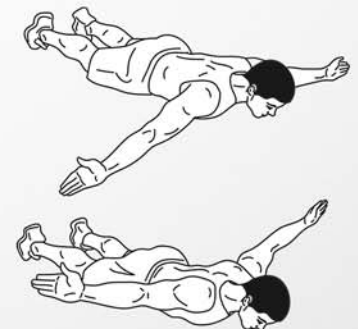
10 prone extensions



10 swimmers



10 W-extensions



10 prone reverse fly