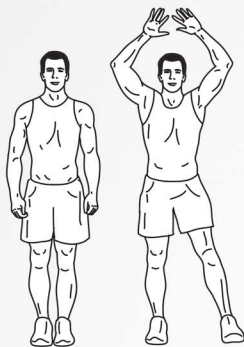


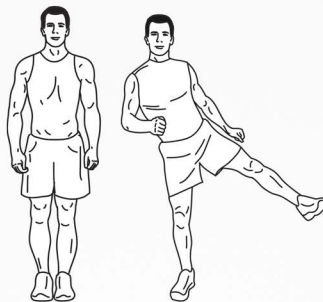
REGENERATOR

DAREBEE WORKOUT © darebee.com

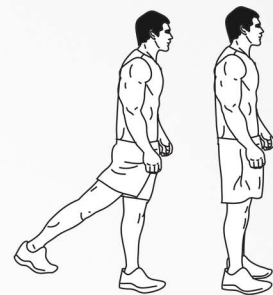
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



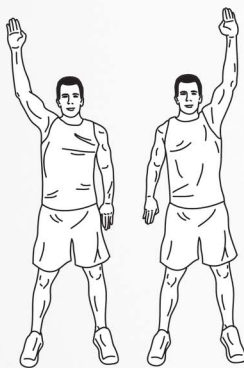
10 step jacks



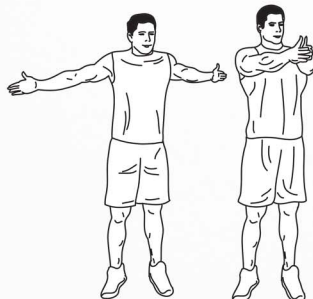
10 side leg raises



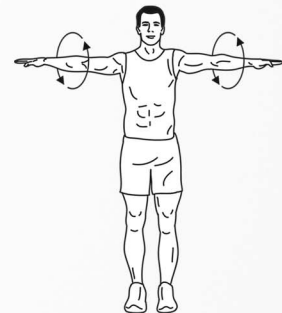
10 backward leg raises



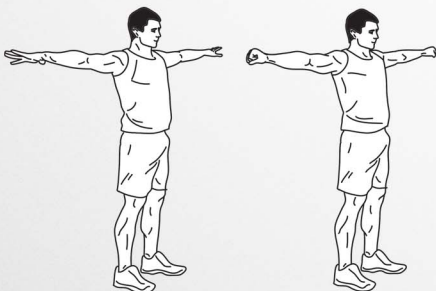
10 alt chest expansions



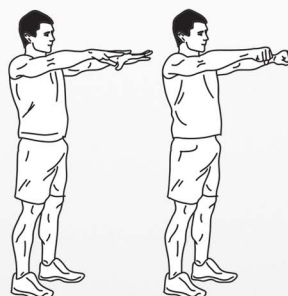
10 chest expansions



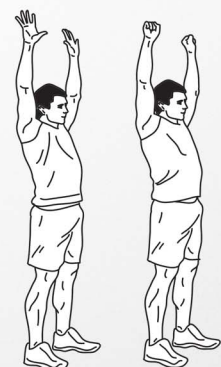
10 arm circles



10 clench / unclench
arms to sides



10 clench / unclench
arms forward



10 clench / unclench
arms overhead