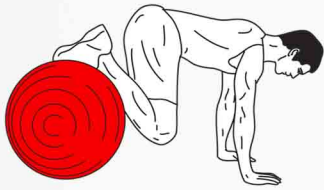
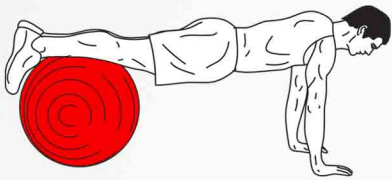


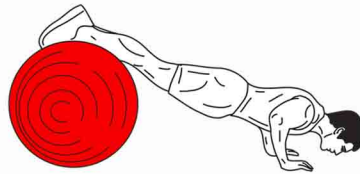
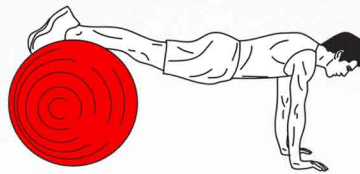
# roll with it

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

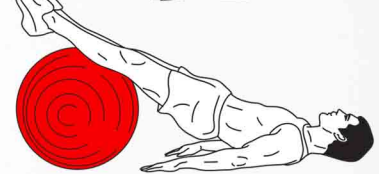
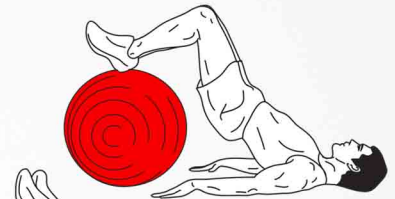
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



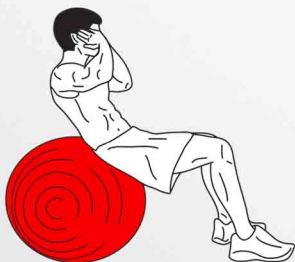
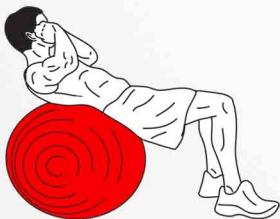
10 roll-ins



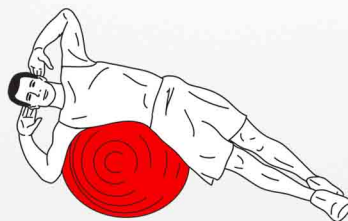
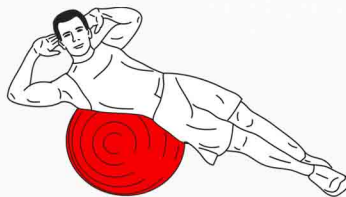
10 push-ups



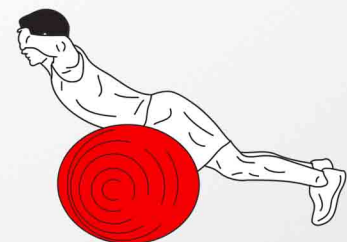
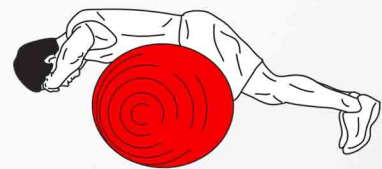
10 bridges



20 crunches



20 side crunches



20 back extensions