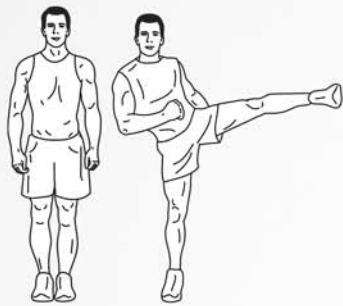


SILENT

DAREBEE WORKOUT @ darebee.com

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



20 side leg raises



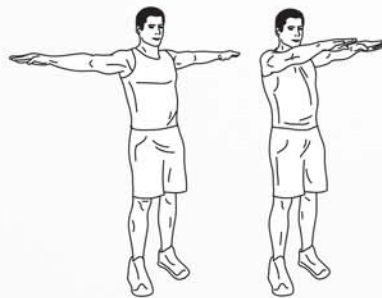
6 cossack squats



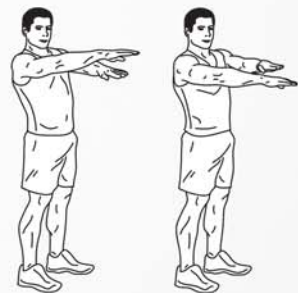
20 calf raises



20 raised arm circles



20 arm extensions



20 arm scissors



20-count plank hold