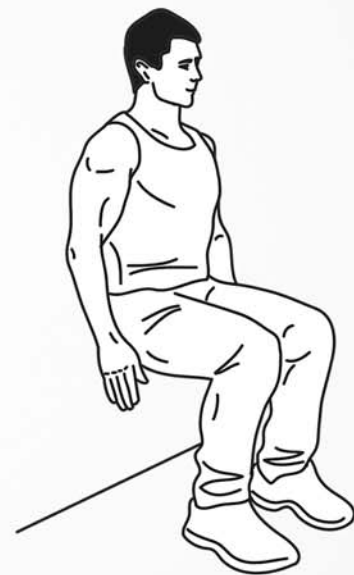


Time Out

DAREBEE WORKOUT @ darebee.com



30sec side leg raises (left leg)

30sec wall-sit

30sec side leg raises (right leg)

30sec wall-sit

done