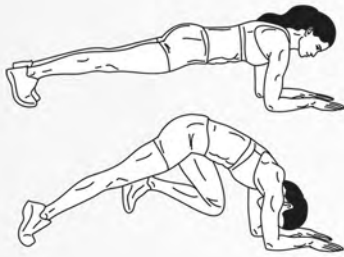


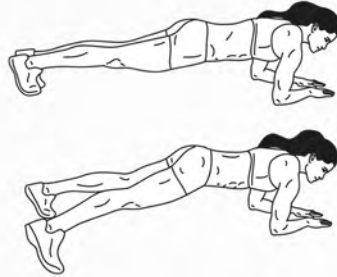
TOUGH COOKIE

DAREBEE WORKOUT @ darebee.com

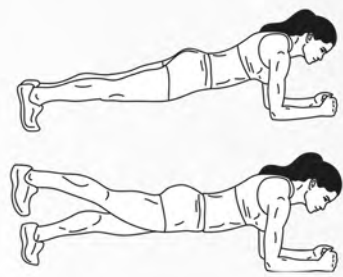
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



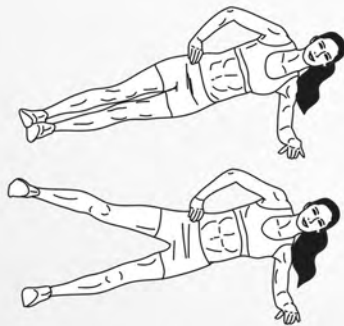
12 plank knee-ins



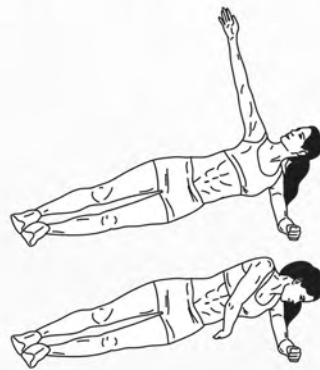
12 plank step-outs



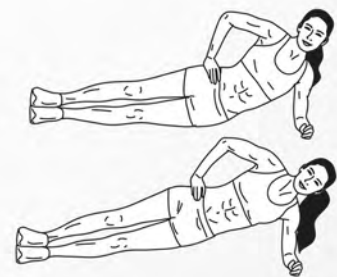
12 plank leg raises



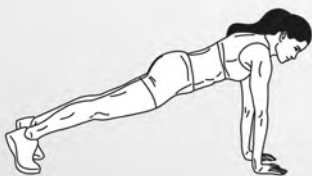
12 side plank leg raises



12 side plank rotations



12 side bridges



6 up and down planks