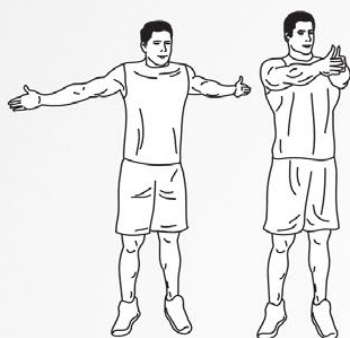


UNPLUGGED

DAREBEE WORKOUT @ darebee.com

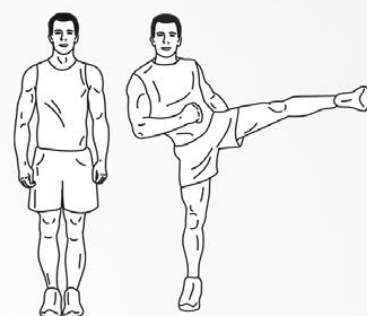
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 chest expansions



10 shoulder stretches



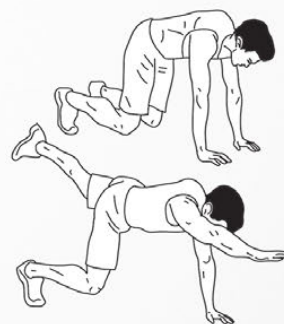
20 side leg raises



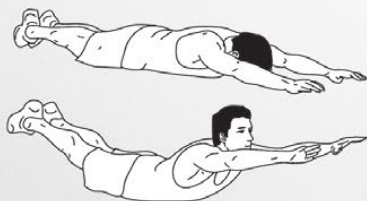
10 back rotations



10 back arches



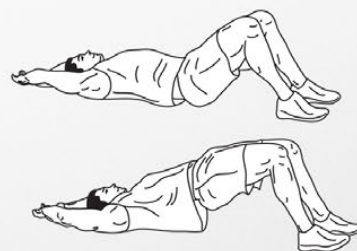
10 cat stretches



10 supermen



10 body folds



10 bridges