

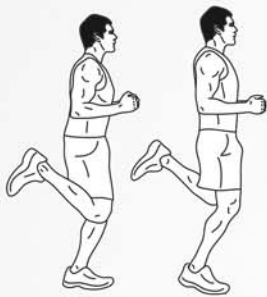
VICTORY LAP

DAREBEE WORKOUT

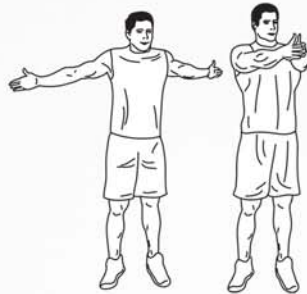
@ darebee.com

Repeat 5 times in total

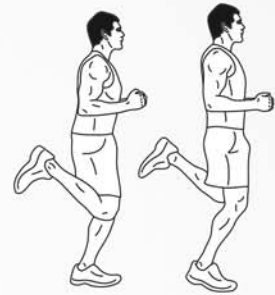
2 minutes rest in between sets



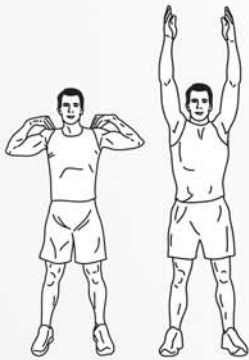
10 butt kicks



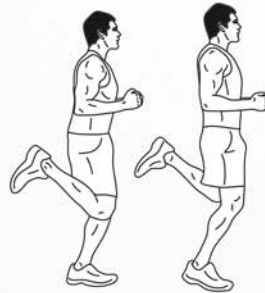
10 chest expansions



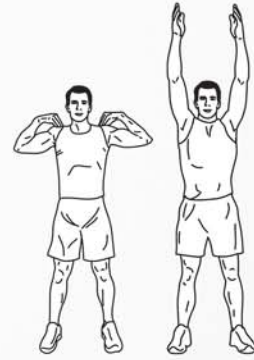
10 butt kicks



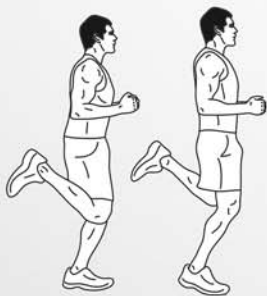
10 shoulder taps



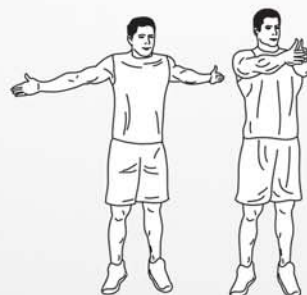
10 butt kicks



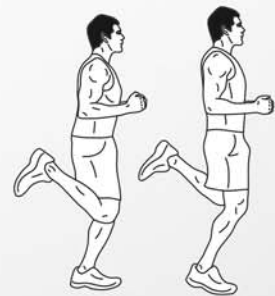
10 shoulder taps



10 butt kicks



10 chest expansions



10 butt kicks