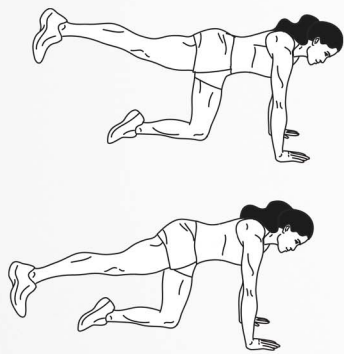


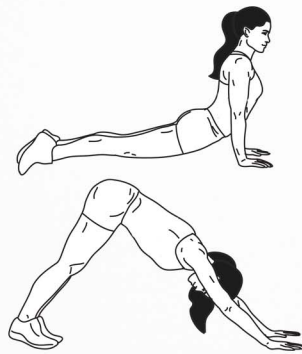
WORKOUT THAT HAPPENED

BY DAREBEE @ darebee.com

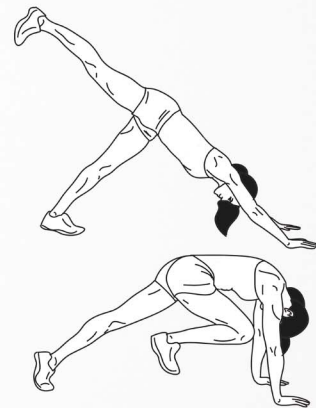
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



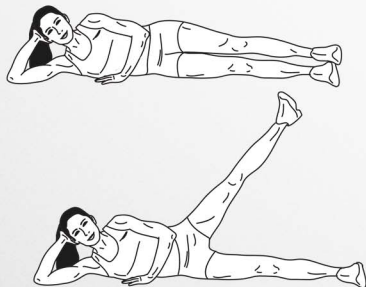
20 leg raises



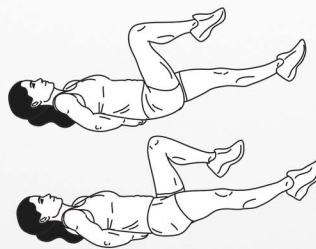
5 upward downward dog



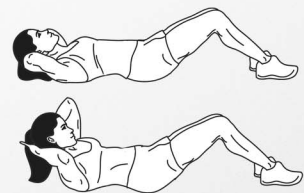
10 knee-in extensions



20 side leg raises



10 air bike crunches



10 crunches