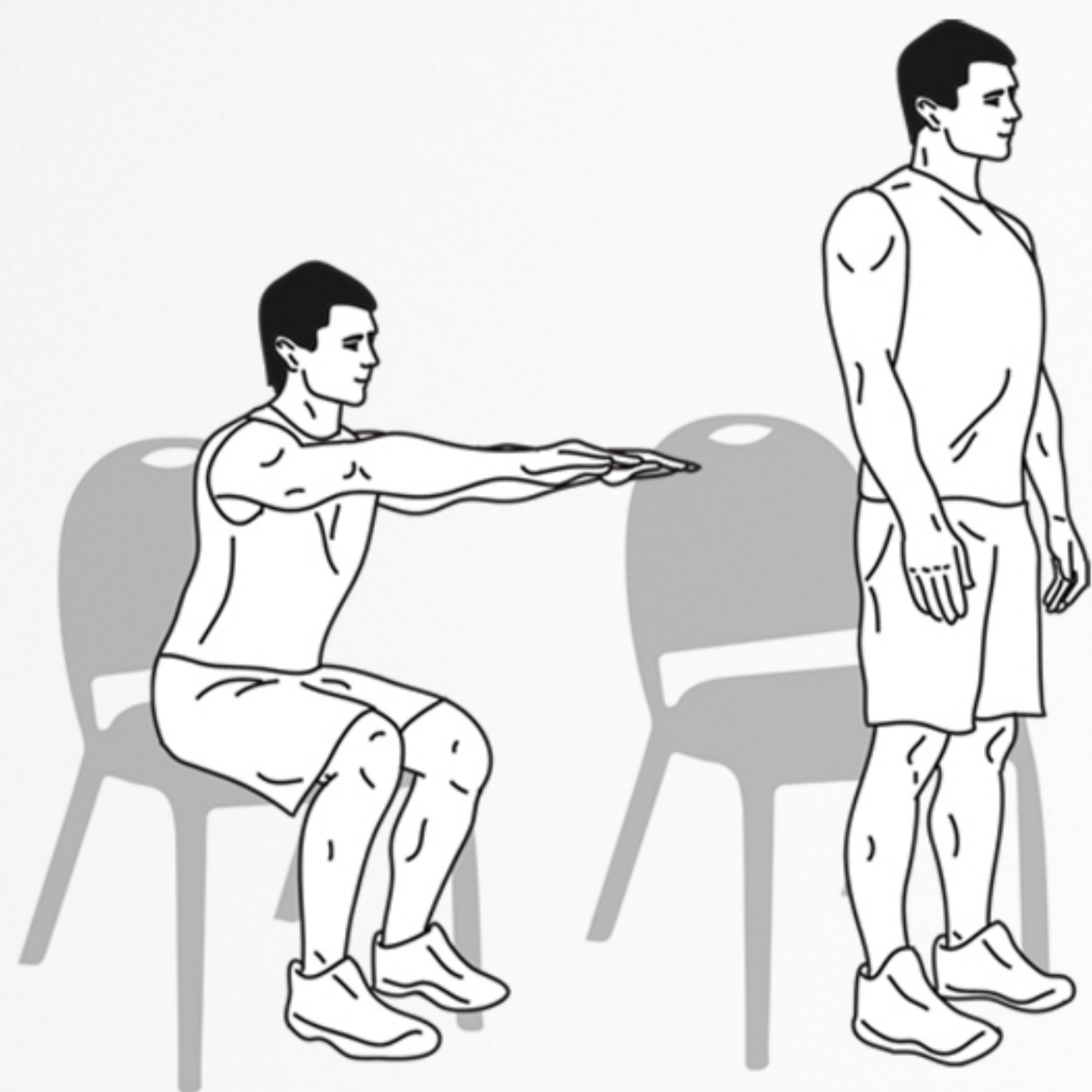
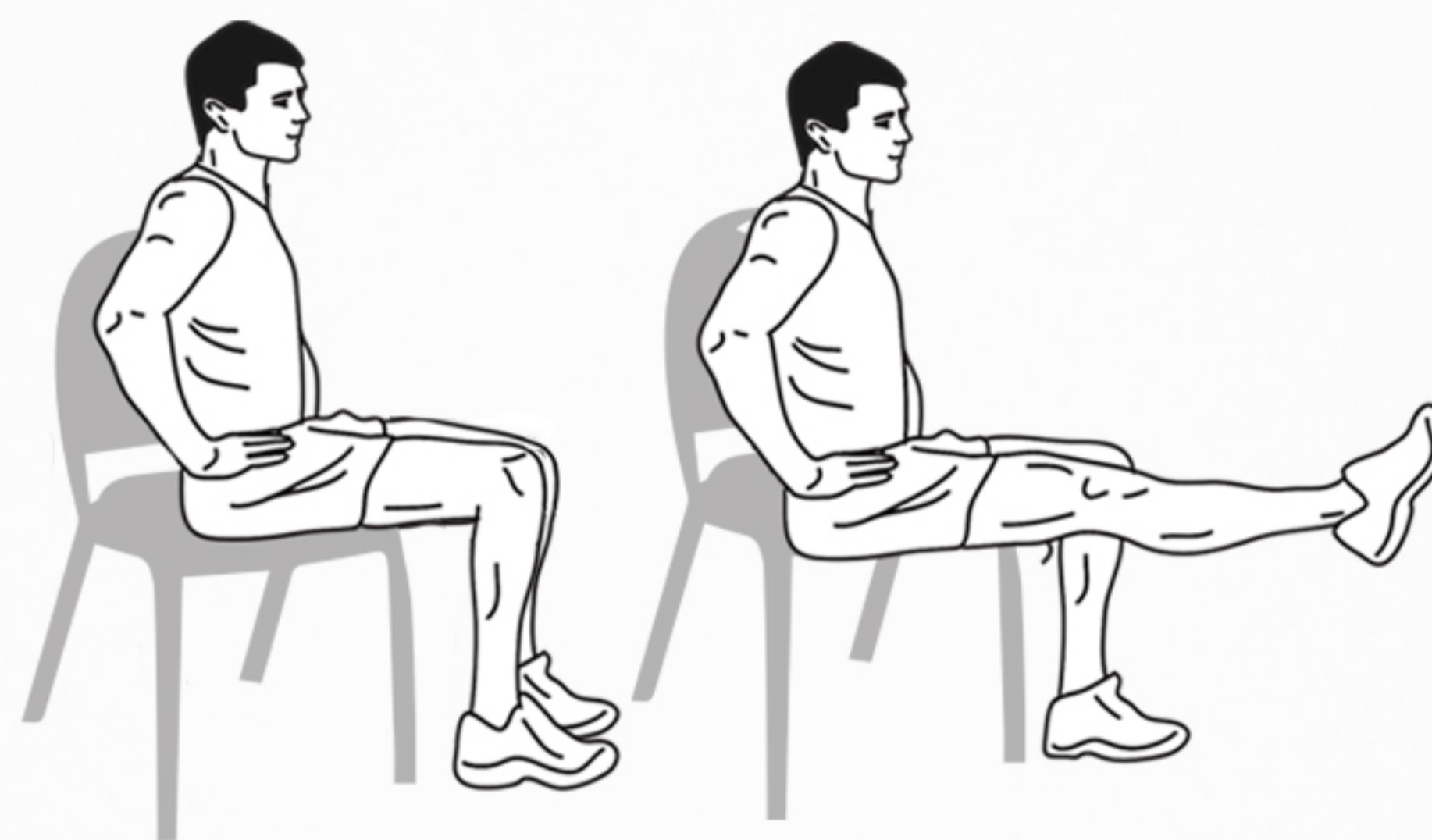


Bone Strength

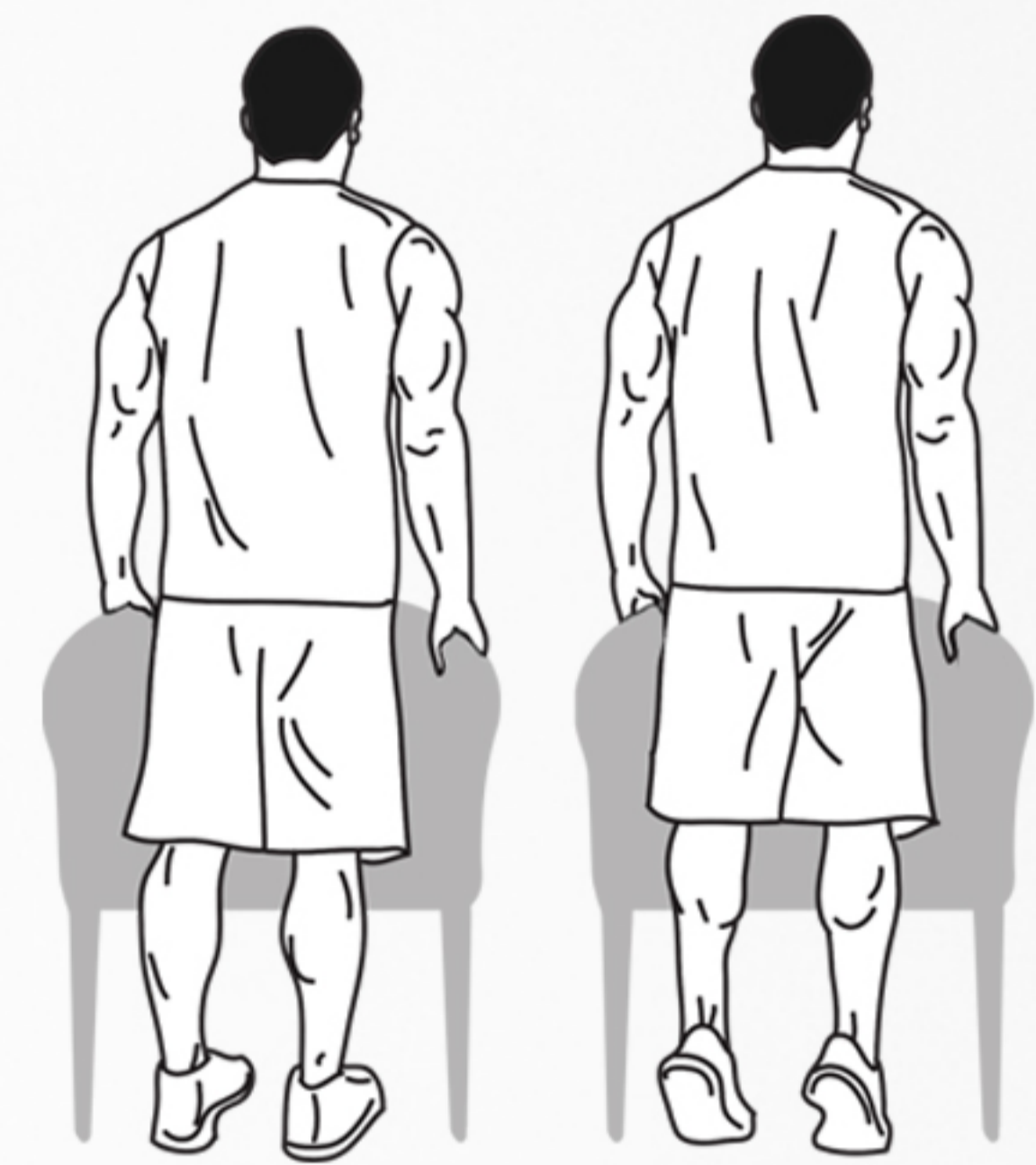
DAREBEE WORKOUT @ darebee.com



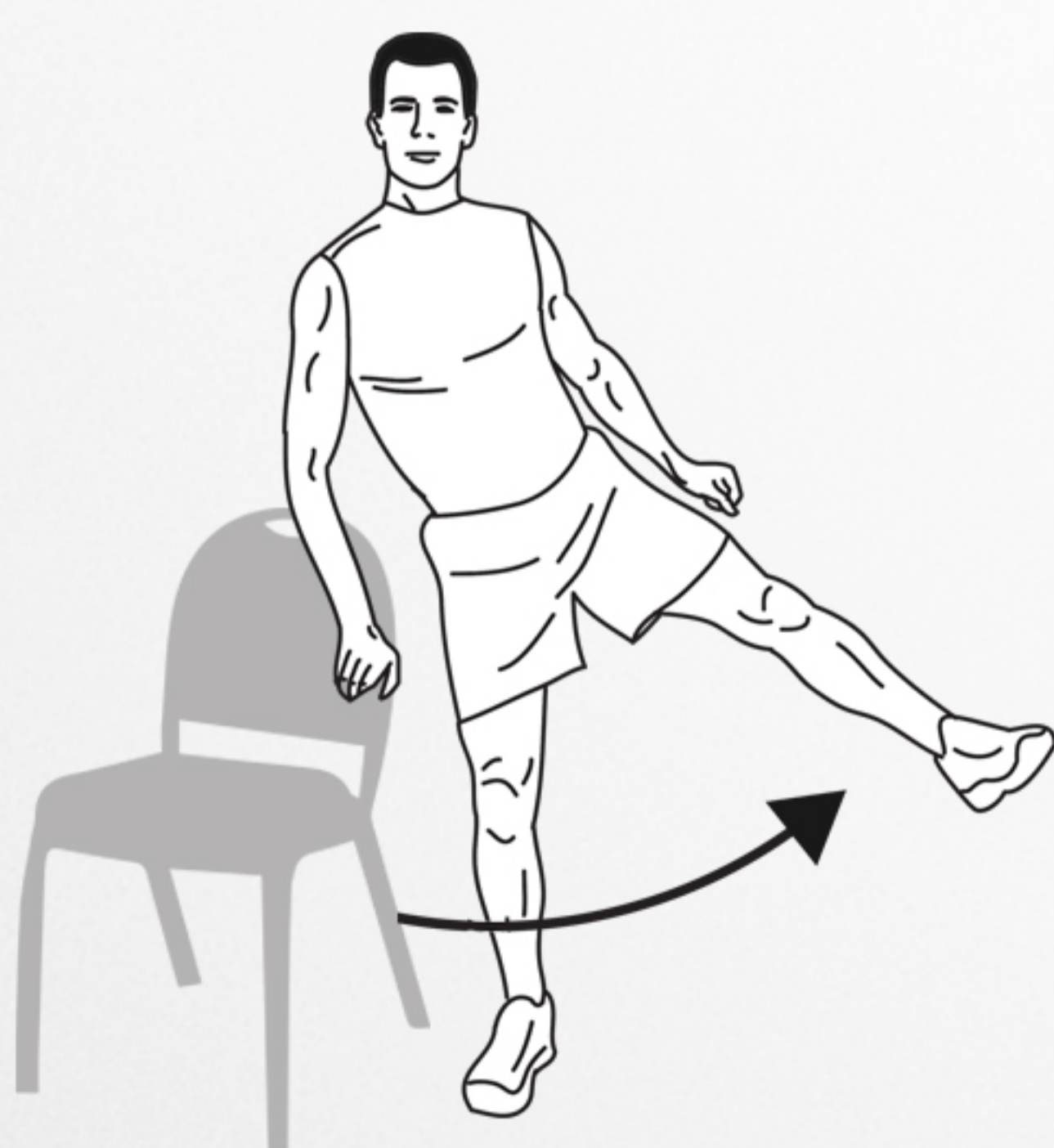
5 sit to stand
4 sets in total
30 sec rest in between



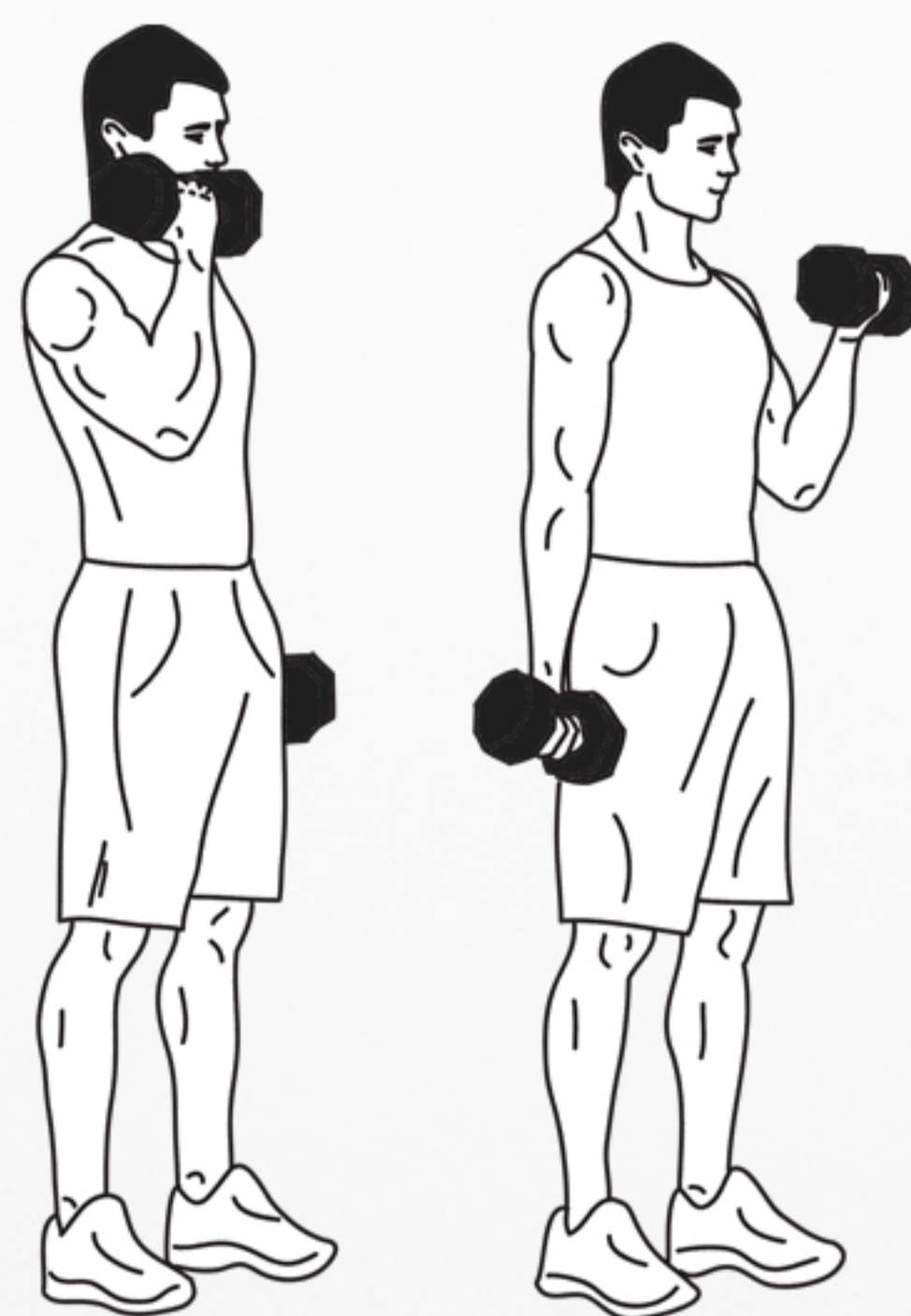
10 leg raises
4 sets in total
30 sec rest in between



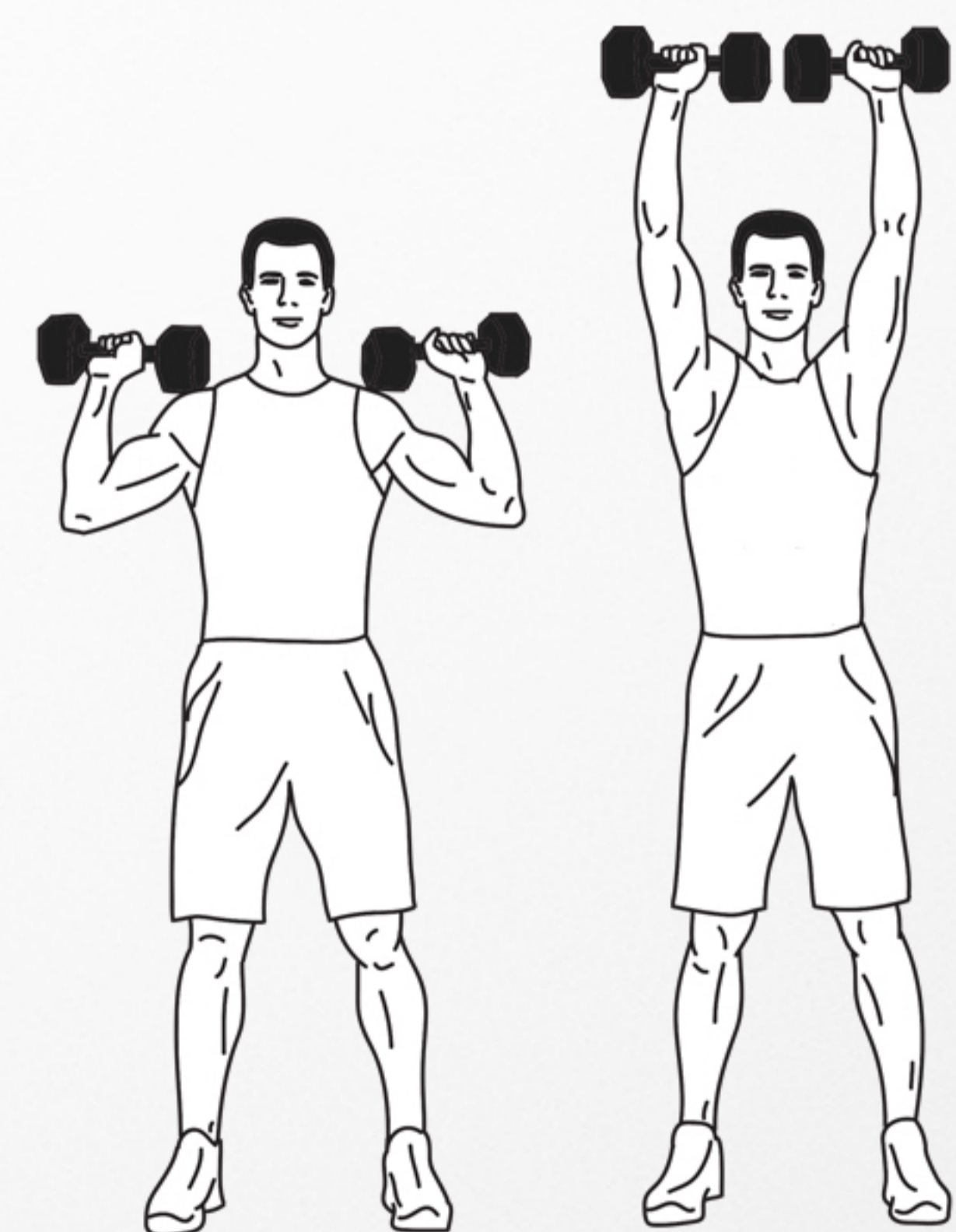
5 calf raises
4 sets in total
30 sec rest in between



10 side leg raises
4 sets in total
30 sec rest in between



10 alt bicep curls
2 sets in total
30 sec rest in between



5 shoulder press
2 sets in total
30 sec rest in between