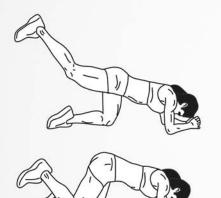
BUTT

DAREBEE WORKOUT © darebee.com repeat 3 times

2 minutes rest in between



20 plank back kicks

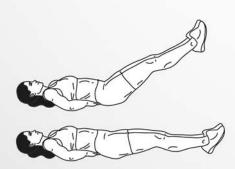




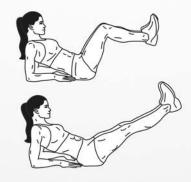
20 bridges



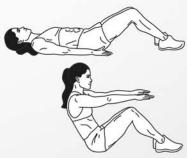
20 bridge taps



20 leg raises



20 crunch kicks



20 sit-ups