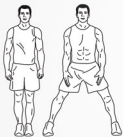


THE CAKE IS A LIE

DAREBEE WORKOUT @ darebee.com

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



10 half jacks



4 squats



10 climbers



10 sit-ups



4 sitting twists



10 flutter kicks