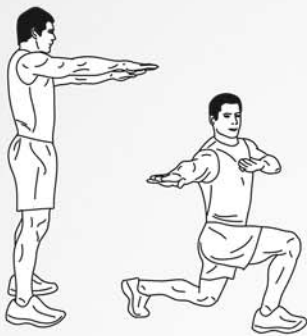


COORDINATOR

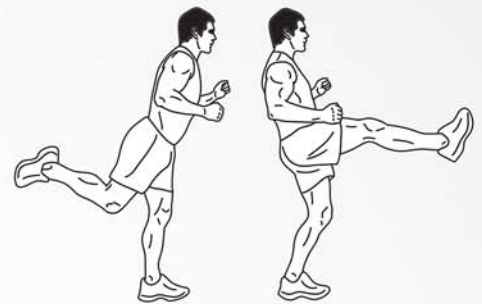
DAREBEE WORKOUT @ darebee.com



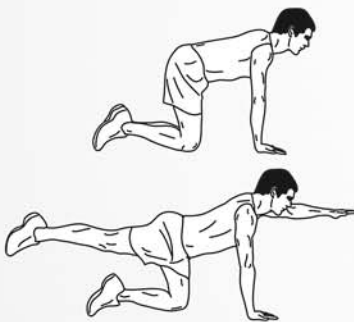
8 lunge twists



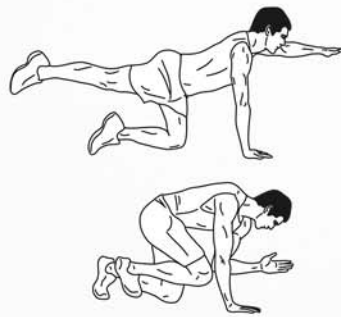
8 balance side lunges



8 balance swings



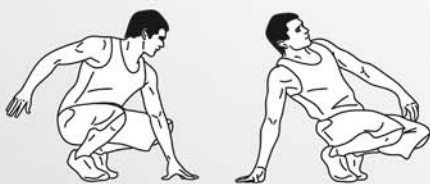
8 alt arm/leg raises



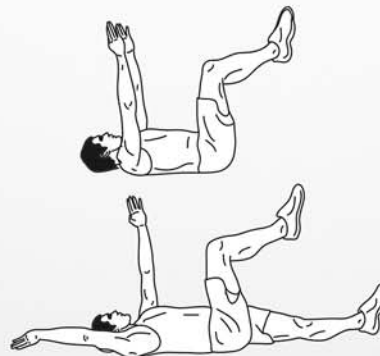
8 plank knee-to-elbows



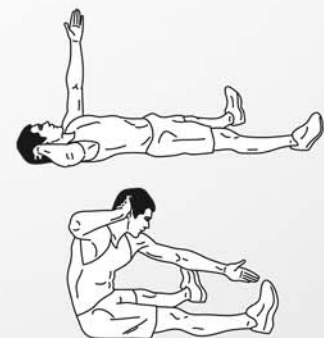
8 side plank knee-to-elbow



8 forward/back taps



8 dead bugs



8 cross reach sit-ups