

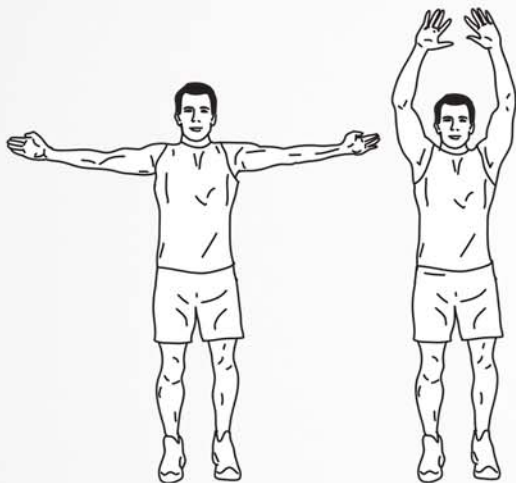


ENERGIZER

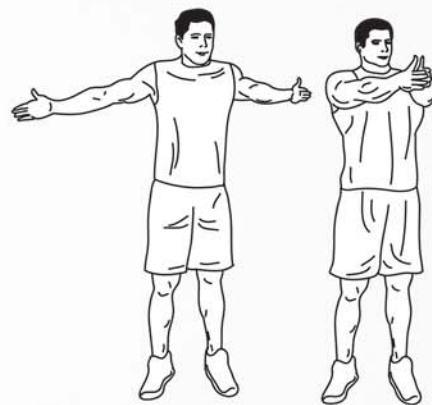
ENERGY BOOSTING @ darebee.com

12 reps each exercise

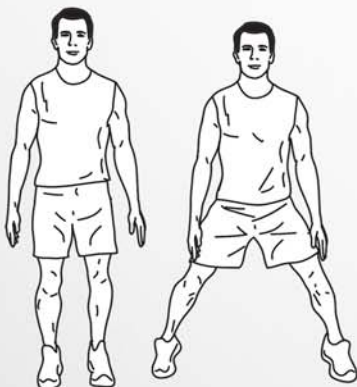
repeat once whenever your energy levels are low



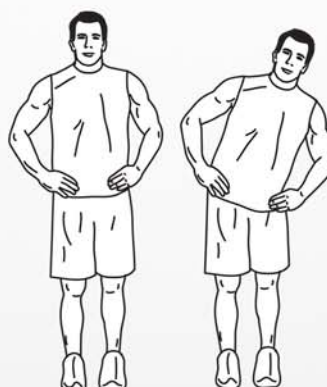
arm raises



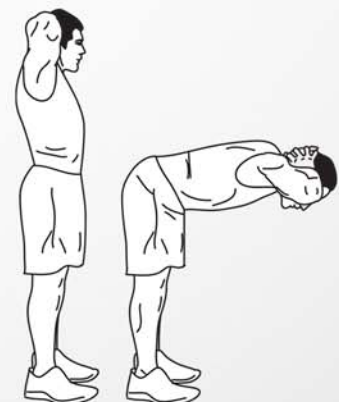
chest expansions



half jacks



side bends



forward bends