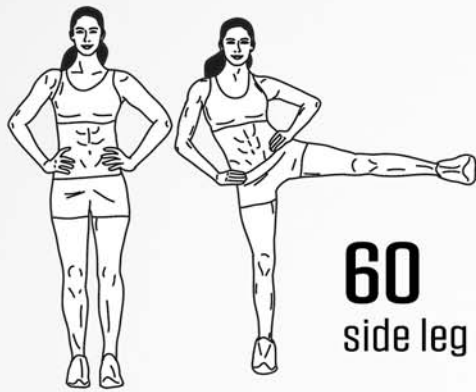


everyday WORKOUT

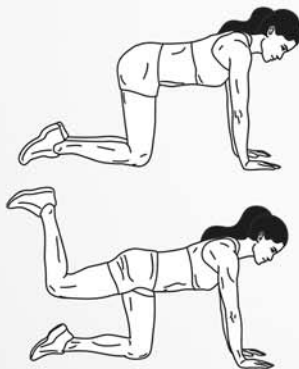
by DAREBEE @ darebee.com



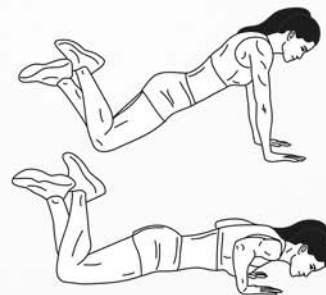
60
side leg raises



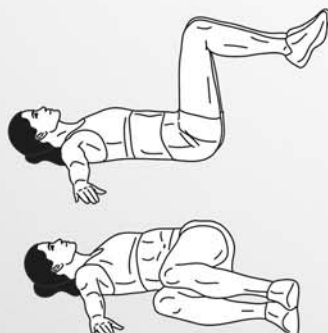
30
knee-to-elbows



60
leg extensions



30
knee push-ups
in total



30
half wipers



30
V-extensions