

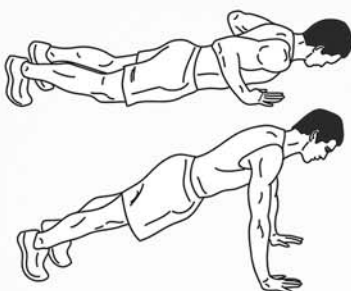
HARDBACK

DAREBEE BACK WORKOUT @ darebee.com

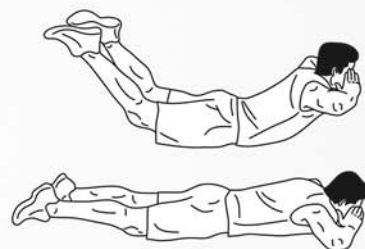
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 downward upward dog



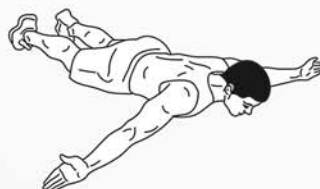
10 drop push-ups



10 back extensions



10 reverse angels



10 prone reverse fly



10 prone W-extensions