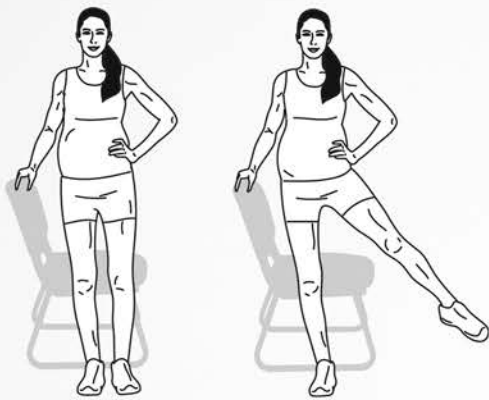
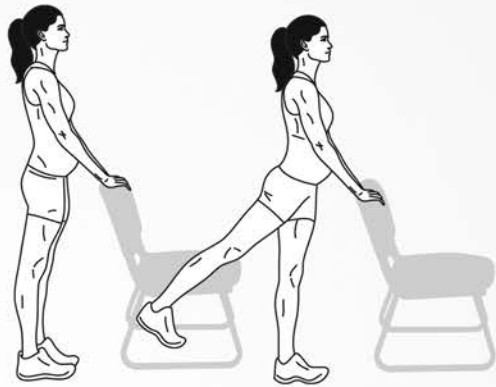


JUNO

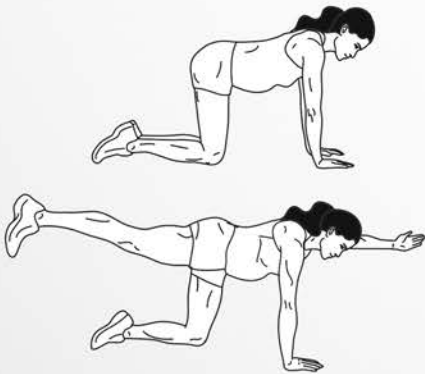
DAREBEE WORKOUT @ darebee.com



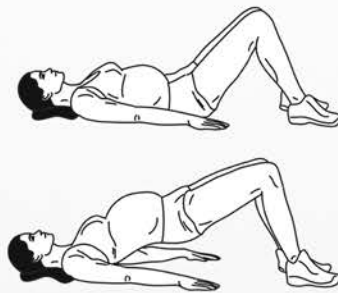
20 side leg raises
5 sets in total | 30 seconds rest



20 back leg raises
5 sets in total | 30 seconds rest



10 alt arm leg raises
3 sets in total
30 seconds rest



10 bridges
3 sets in total
30 seconds rest



10 tricep dips
3 sets in total
30 seconds rest