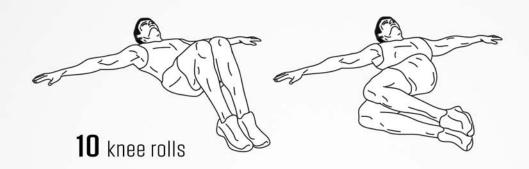
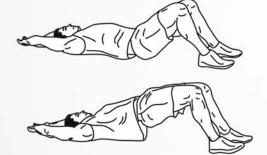
mandown

DAREBEE WORKOUT © darebee.com

3 sets | up to 2 minutes rest between sets

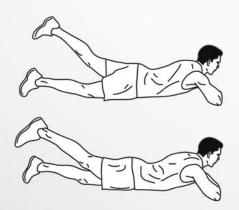




10 bridges



10-count stretch & hold



10 reverse flutter kicks



10-count stretch & hold