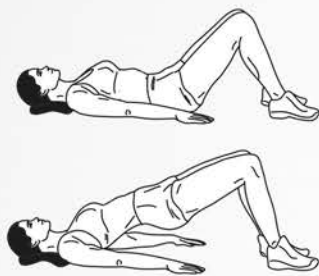


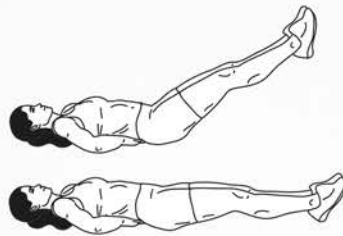
this is the new me

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 bridges



10 leg raises



10 bridges



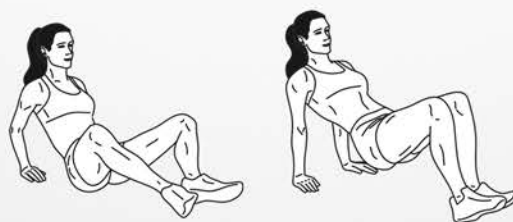
10 crunches



10 sitting twists



10 crunches



10 butterfly dips