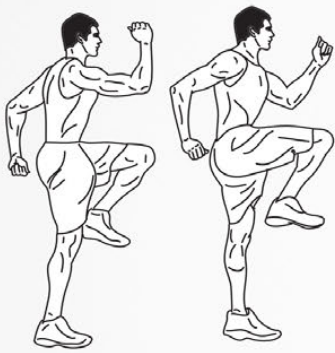


NOMAD

DAREBEE WORKOUT @ darebee.com

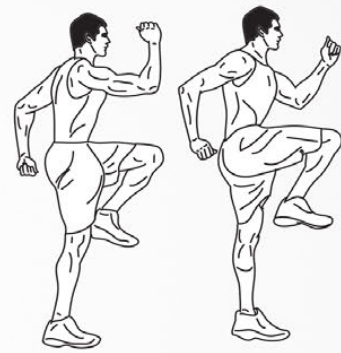
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



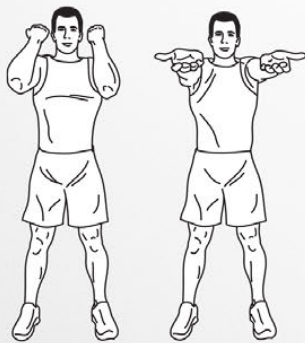
20 march steps



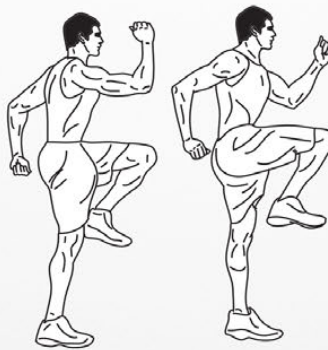
20-count calf raise hold



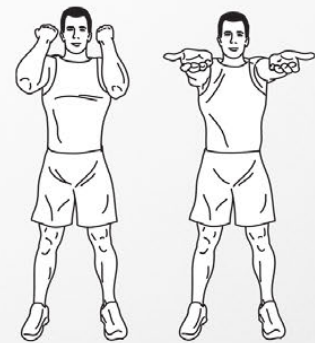
20 march steps



20 bicep extensions



20 march steps



20 bicep extensions