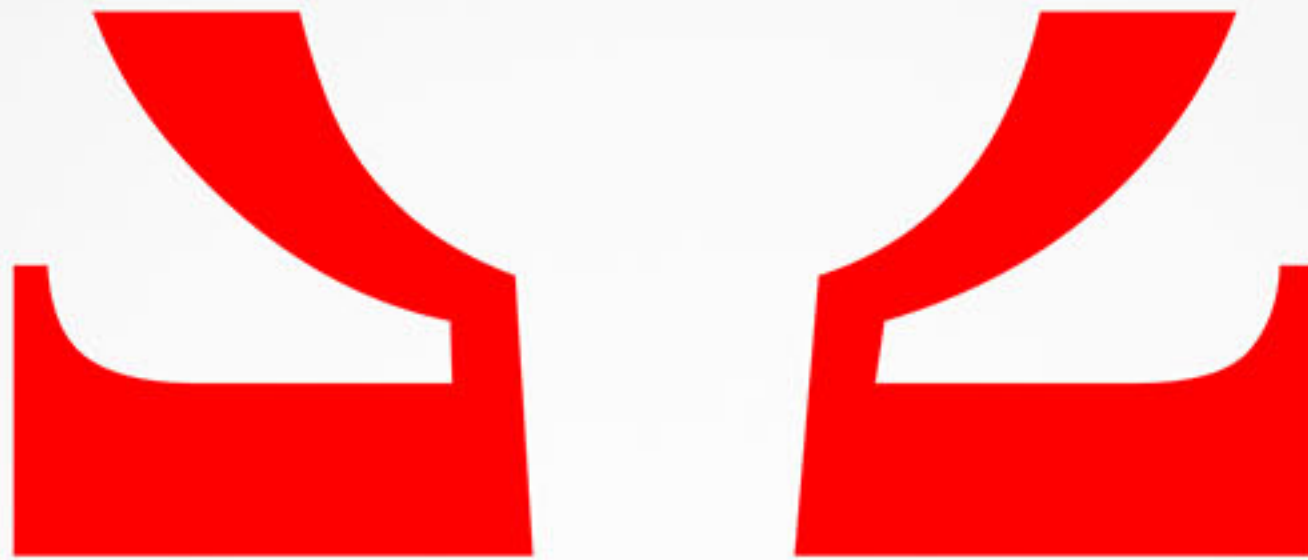




DAREBEE WORKOUT © darebee.com

Hold each pose for 60 seconds then move on to the next one.



1



2



3



4



5



6

