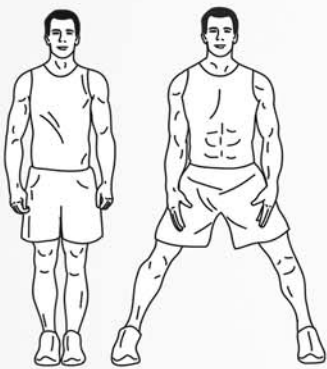


BRING ME SOME **PIE**

DAREBEE WORKOUT @ darebee.com

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



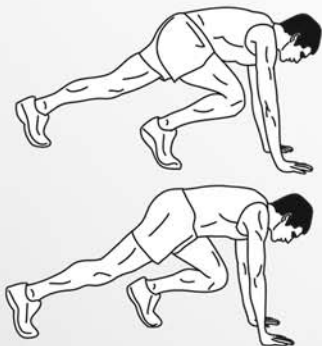
10 half jacks



10 squats



10 high knees



10 climbers



10 planks with rotations



10 plank into lunges