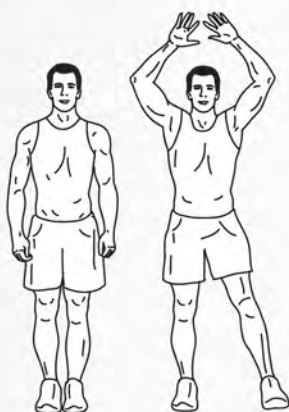


# KEEPING IT REAL

WORKOUT by DAREBEE @ [darebee.com](https://darebee.com)

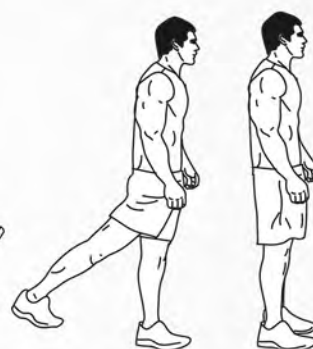
30 seconds rest between sets | No rest between exercises



**10** step jacks  
x 3 sets in total



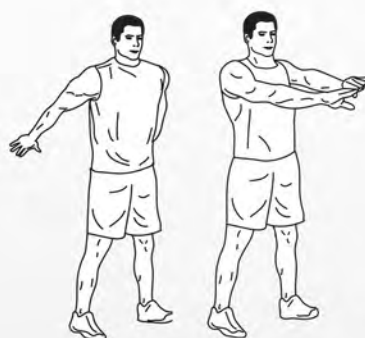
**20** side leg raises  
x 3 sets in total



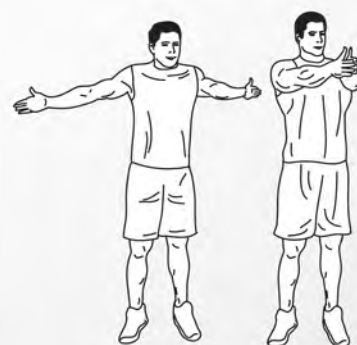
**20** back leg raises  
x 3 sets in total



**10** calf raises  
x 3 sets in total



**20** arm raises  
x 3 sets in total



**20** chest expansions  
x 3 sets in total