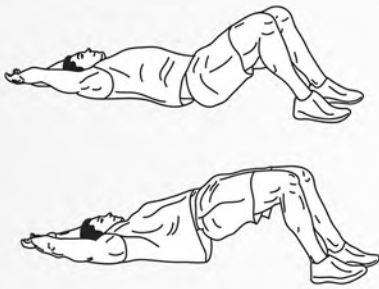


RECONSTRUCTOR

DAREBEE WORKOUT @ darebee.com

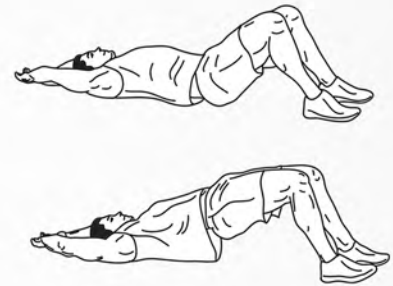
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 bridges



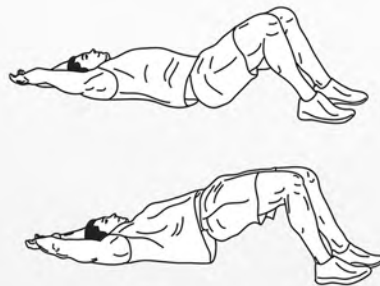
20 get-ups



10 bridges



20 reverse plank kicks



10 bridges



20 side plank tilts