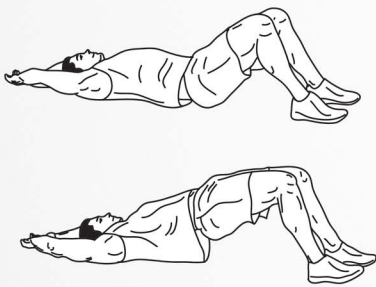


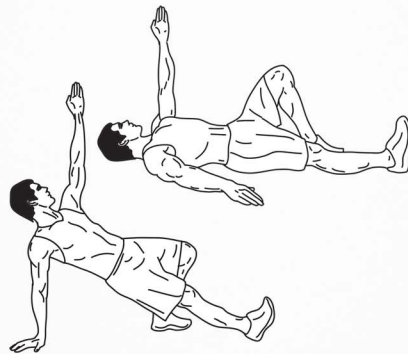
SEIZE THE DAY

DAREBEE WORKOUT @ darebee.com

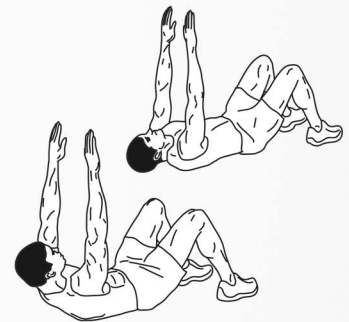
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



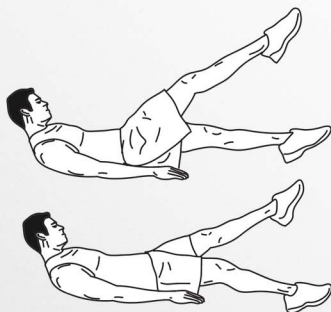
20 bridges



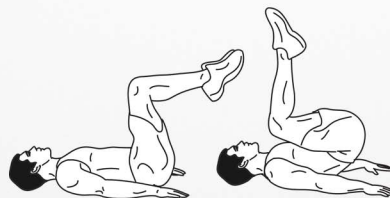
20 get-ups



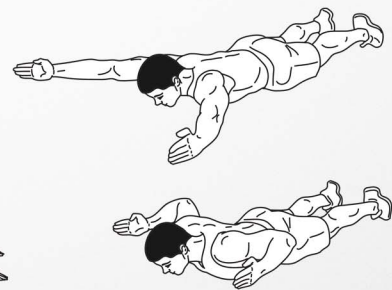
20 high crunches



20 flutter kicks



20 reverse crunches



20 W-extensions