

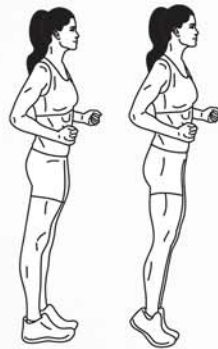
SOMETHING I CAN *actually* DO

DAREBEE WORKOUT @ darebee.com

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



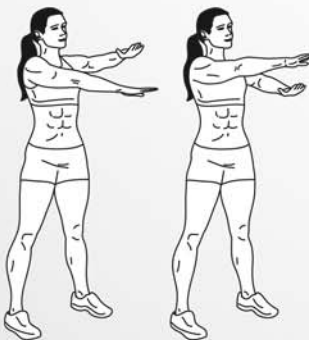
20 march steps



5 calf raises



20 butt kicks



20 arm scissors



10 raised arm circles



10 knee-to-elbows