

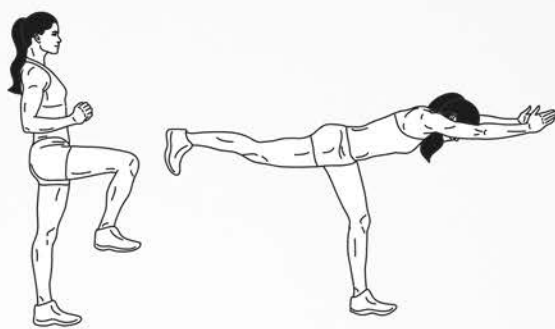
TROUBLE IS MY MIDDLE NAME

DAREBEE WORKOUT @ darebee.com

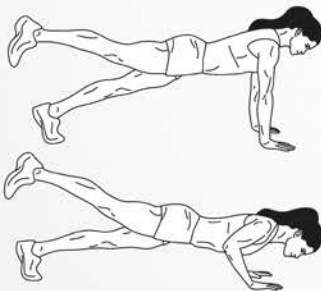
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



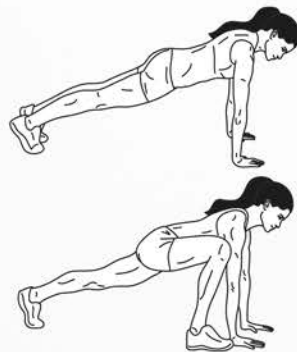
20 single leg squats



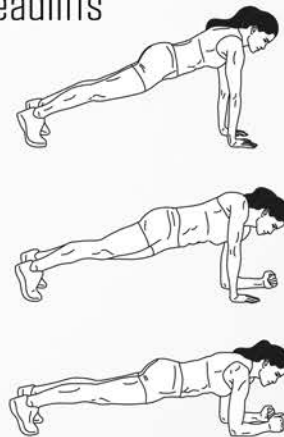
20 single leg deadlifts



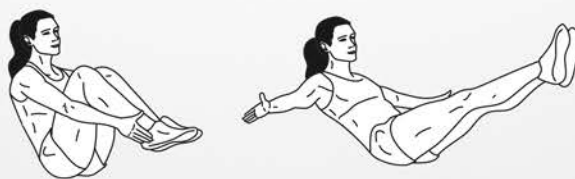
20 single leg push-ups



20 plank step-ins



20 up and down planks



20 boat folds