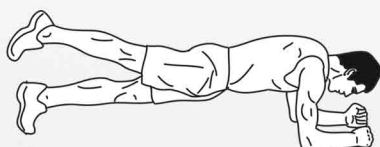
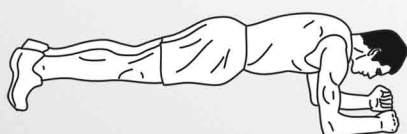
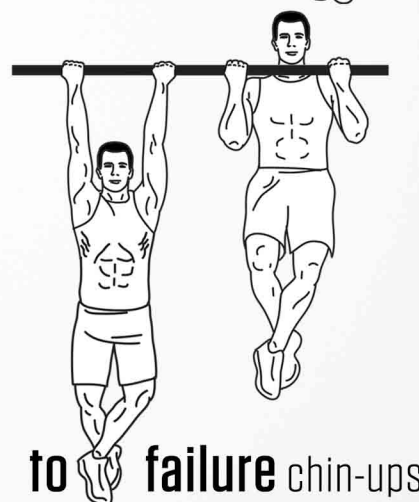
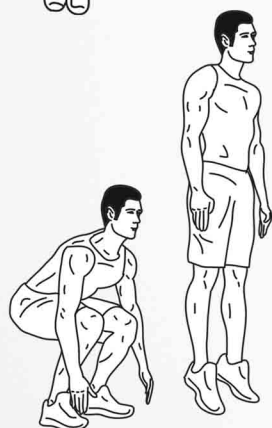
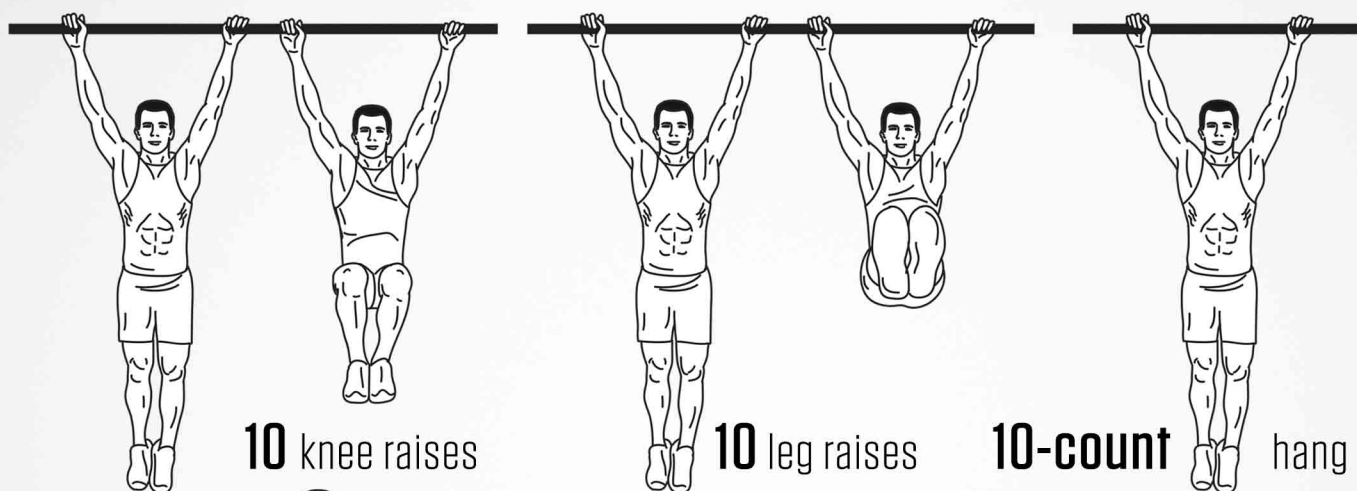


UNCHARTED

DAREBEE WORKOUT @ darebee.com

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



20-count elbow plank

20-count raised leg plank

20 body saw