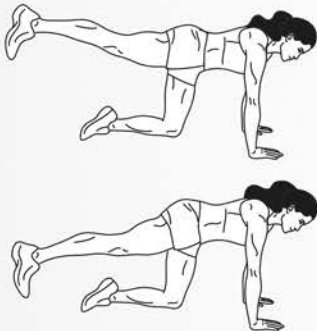


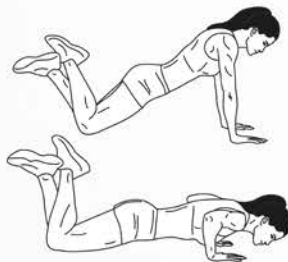
SHH! THE UNIVERSE IS TALKING

DAREBEE WORKOUT @ darebee.com

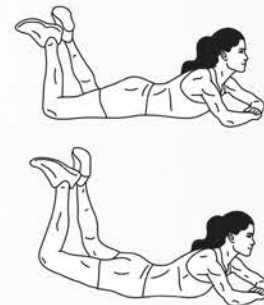
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



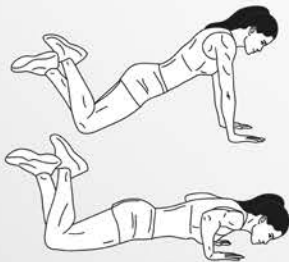
50 leg swings



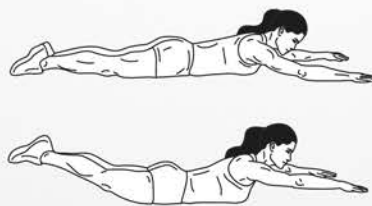
2 knee push-ups



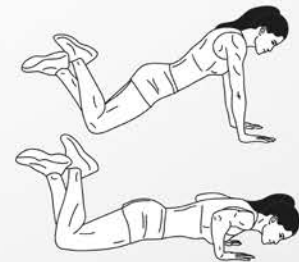
10 glute flex



2 knee push-ups



10 stretches



2 knee push-ups