

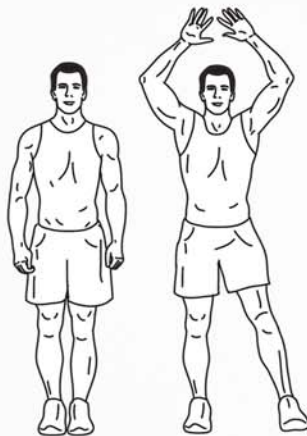
HOME WORKOUT

MADE by DAREBEE © darebee.com

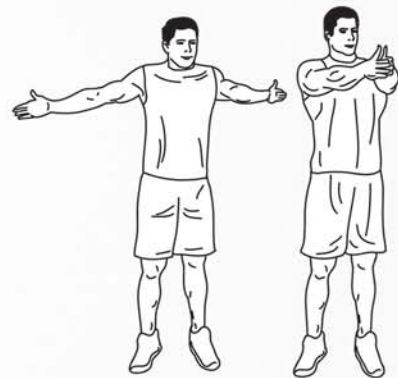
Repeat 5 times in total - Rest up to 2 minutes in between



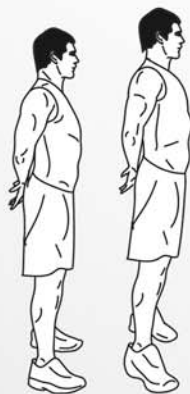
10 hip rotations



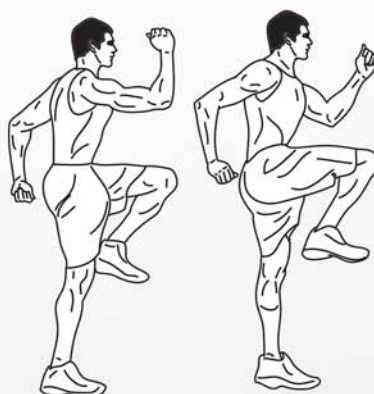
10 step jacks



10 chest expansions



10 calf raises



10 march steps