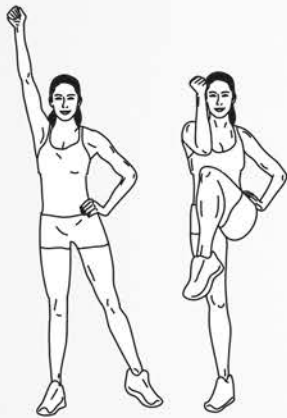


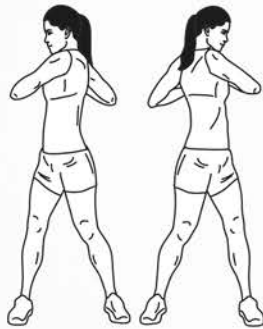
ONE DAY AT A TIME

DAREBEE WORKOUT @ darebee.com

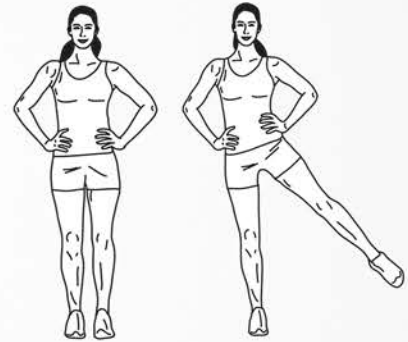
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 knee to elbows



6 torso twists



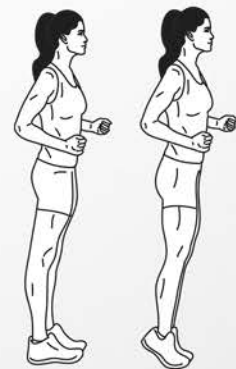
20 side leg raises



20 march steps



6 lunge step-ups



6 calf raises