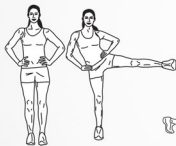


six o'clock

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 side leg raises



20 lunge step-ups



20 leg extensions



10 clamshells



10 bridges



10 toe taps