

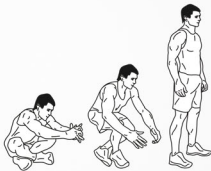
ANTI-AGING MOBILITY

DAREBEE WORKOUT @ darebee.com

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



10 reverse lunges



10 sit-to-stand



10 squat toe rolls



10 full bridges