

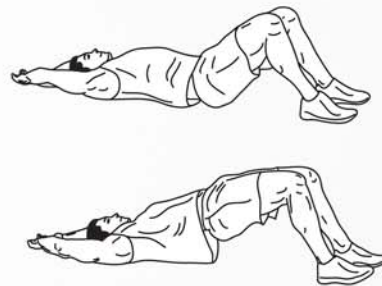
LAZY BEAR

DAREBEE WORKOUT @ darebee.com

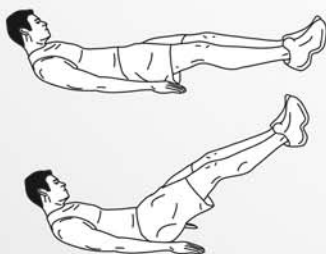
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



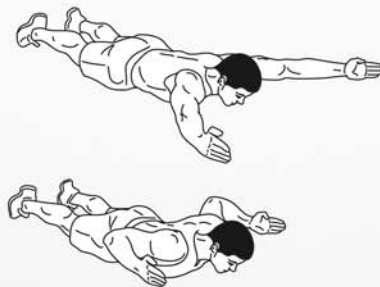
10 knee rolls



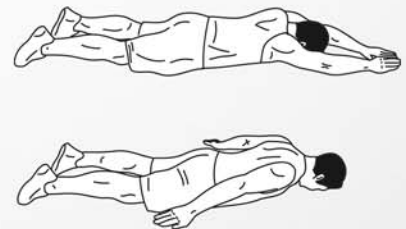
10 bridges



10 leg raises



10 W-extensions



10 reverse angels