

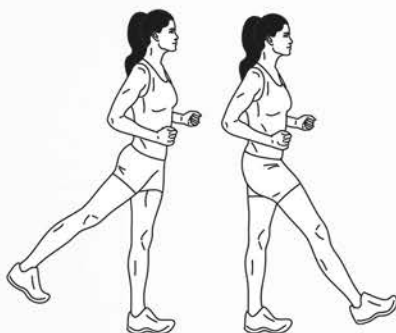
# MADE WITH LOVE

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



**20** back leg raises



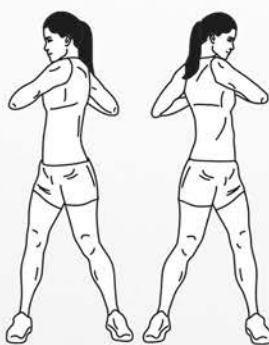
**20** leg swings



**20** side leg raises



**20** side bends



**20** twists



**20** knee-to-elbows