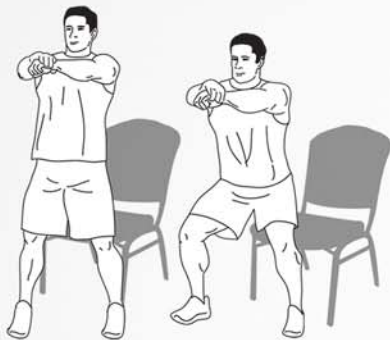


office



DAREBEE WORKOUT @ darebee.com

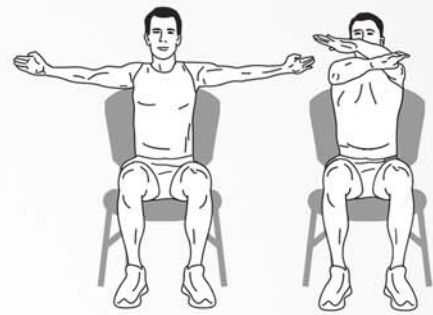
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



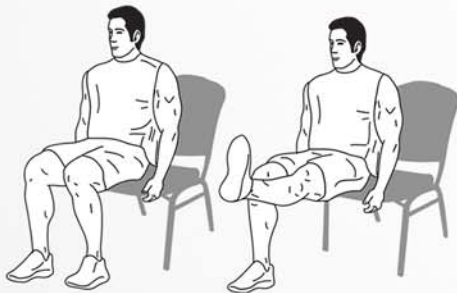
10 chair squats



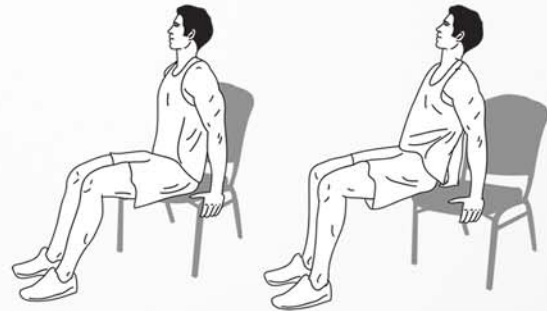
10-count chest squeezes



10 criss-cross arms



10 leg extensions



10 chair body lifts



10 knee-ins



10 side bends