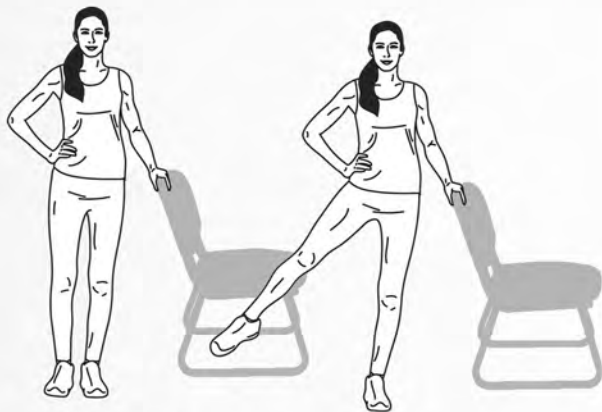


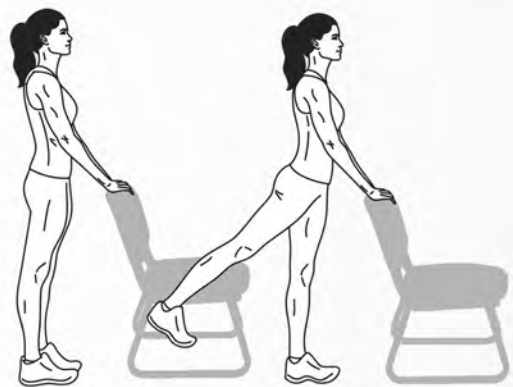
# REST & REPAIR

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

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



20 side leg raises



20 backward leg raises



10 glute flex



10 half wipers



10 clamshells