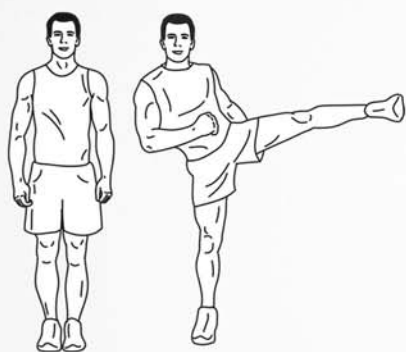


WATCH YOUR SIX

DAREBEE WORKOUT @ darebee.com

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



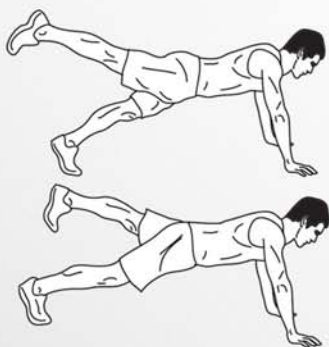
20 side leg raises



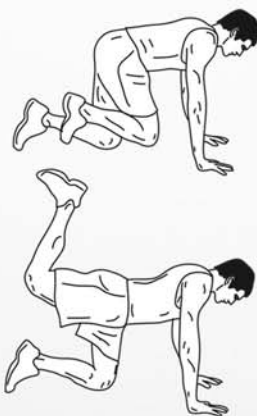
10 squats



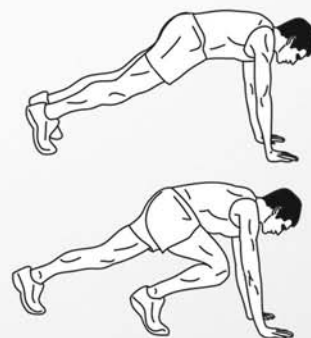
10 lunges



10 plank leg raises



20 leg extensions



10 slow climbers