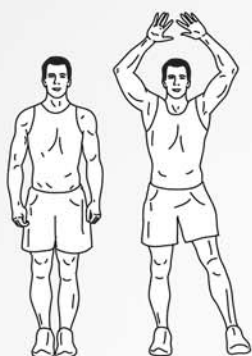


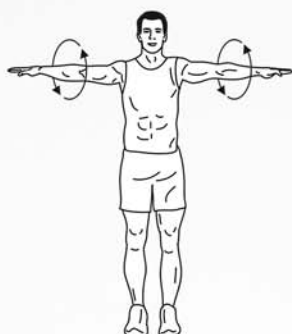
CORRECTOR

DAREBEE WORKOUT @ darebee.com

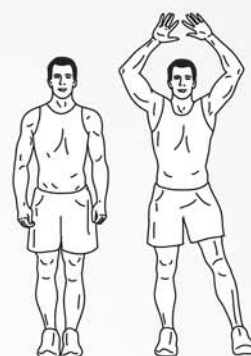
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



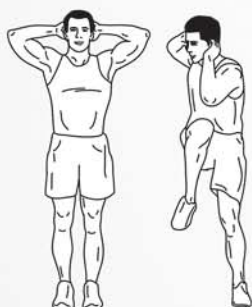
10 step jacks



20 raised arm circles



10 step jacks



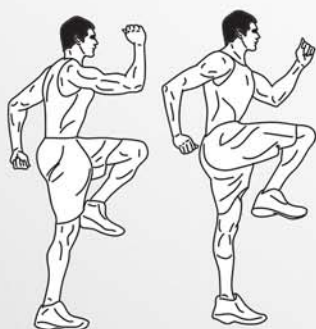
10 knee-to-elbows



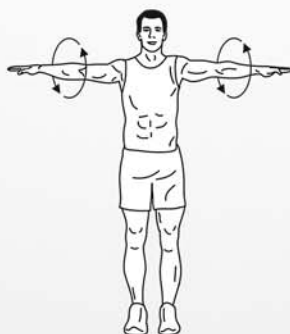
20 raised arm circles



10 knee-to-elbows



10 march steps



20 raised arm circles



10 march steps