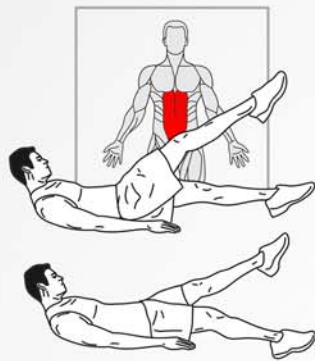


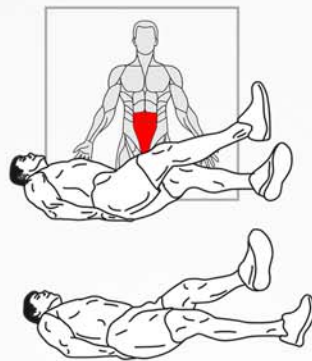
# Master Pack

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

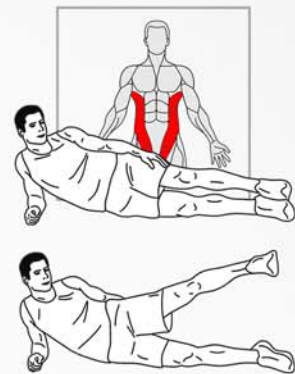
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



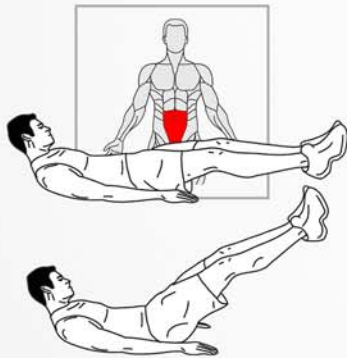
**20** flutter kicks



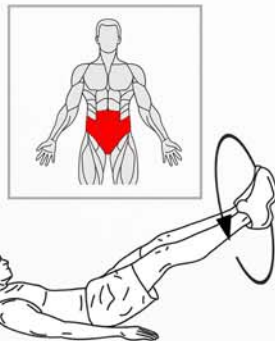
**20** scissors



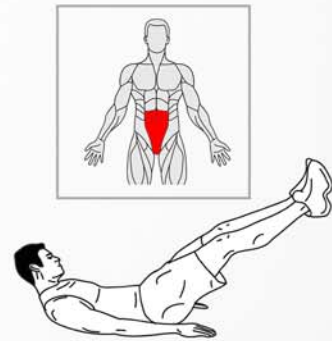
**20** side leg raises



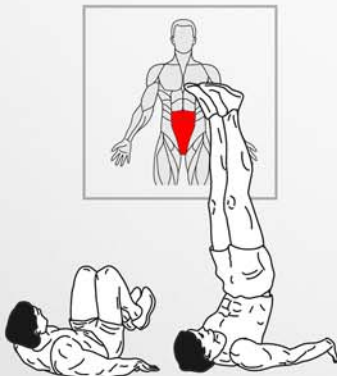
**10** leg raises



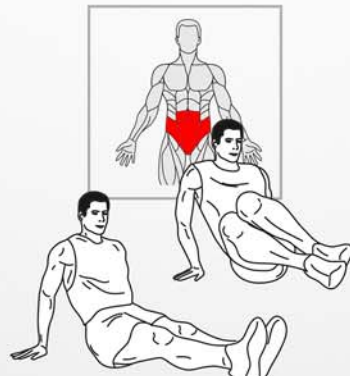
**10** raised leg circles



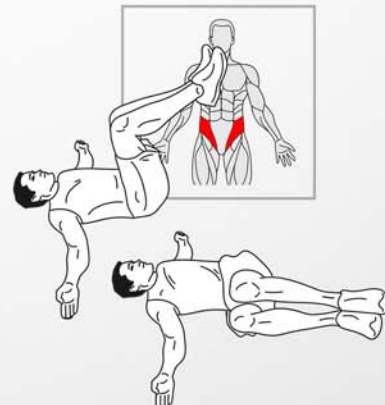
**20sec** raised leg hold



**10** butt-ups



**10** knee-in & twist



**10** half wipers