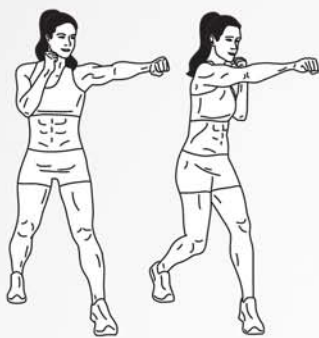


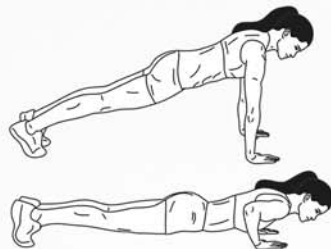
MODERN GIRL

DAREBEE WORKOUT @ darebee.com

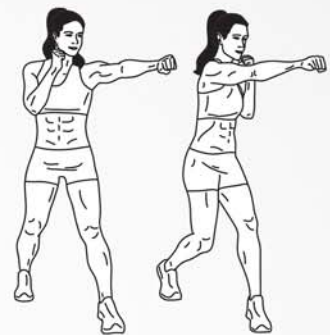
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



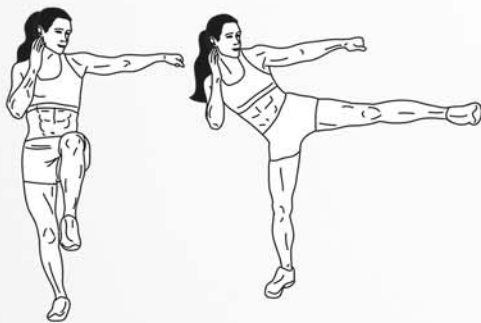
40 punches



10 push-ups



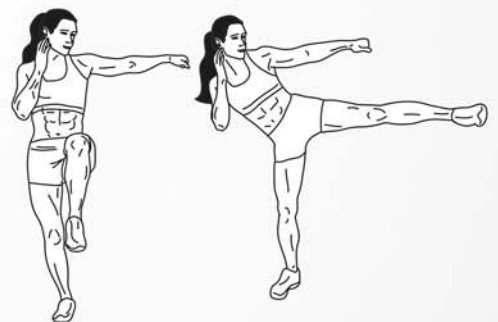
40 punches



20 side kicks



10 squats



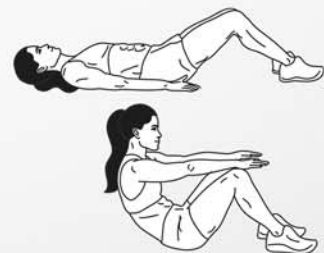
20 side kicks



10 sit-ups



10 sitting twists



10 sit-ups