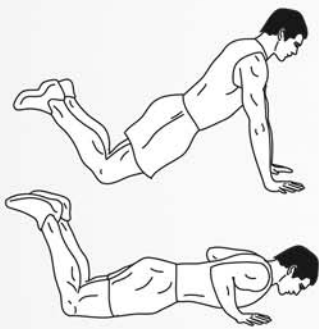


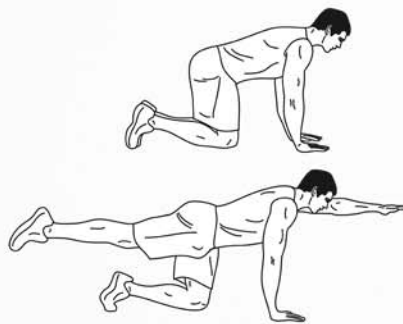
BAD KNEES

DAREBEE WORKOUT @ darebee.com

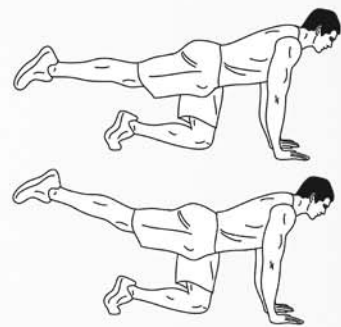
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



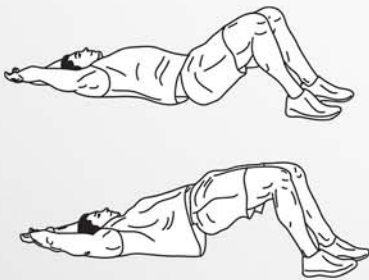
12 knee push-ups



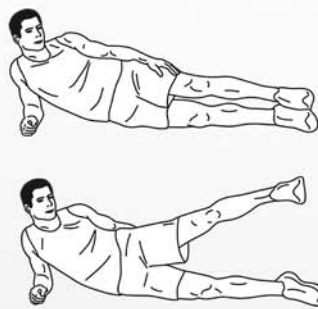
12 alt arm/leg raises



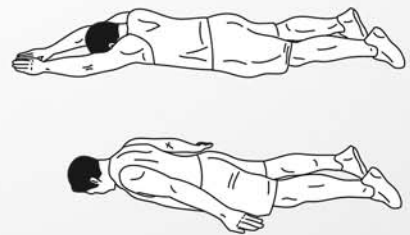
40 raised leg swings



12 bridges



40 side leg raises



12 reverse angels