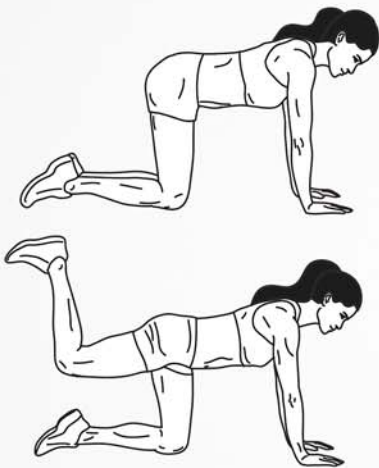
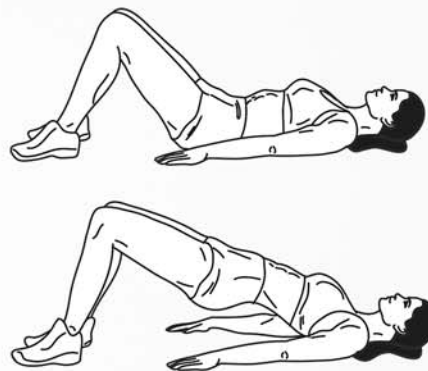


before **BED**

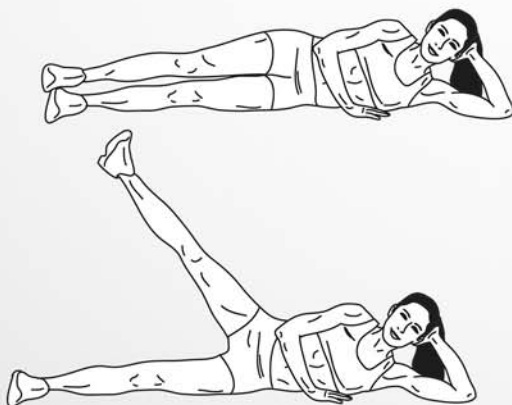
WORKOUT
BY DAREBEE
© darebee.com



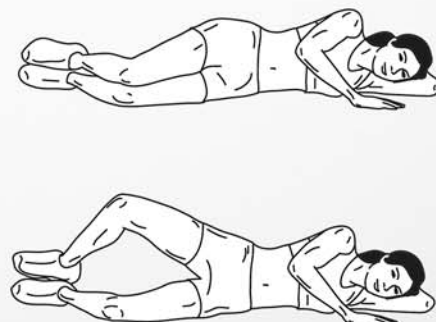
40 leg extensions



20 bridges



40 side leg raises



20 clamshells