

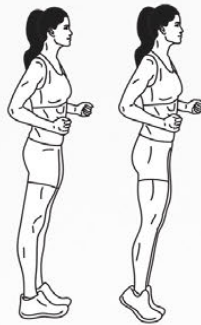
Bellatrix

DAREBEE WORKOUT @ darebee.com

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



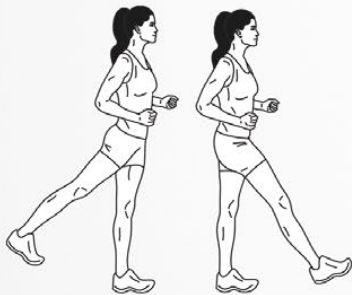
10 butt kicks



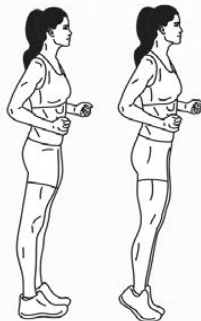
5 calf raises



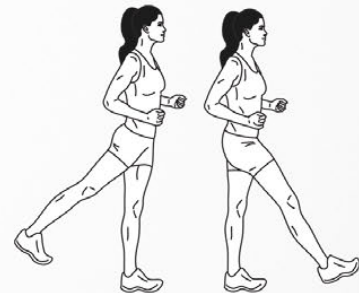
10 butt kicks



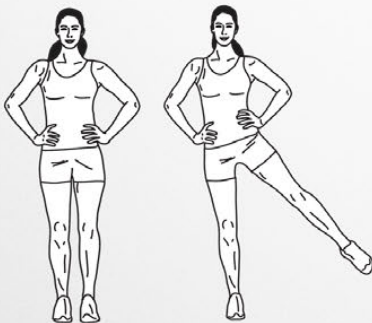
10 leg swings
left side



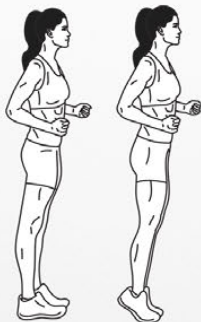
5 calf raises



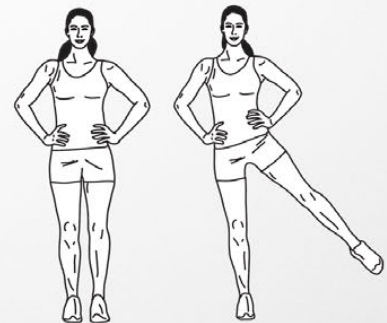
10 leg swings
right side



10 side leg raises
left side



5 calf raises



10 side leg raises
right side