

BROKEN & BEAUTIFUL

DAREBEE WORKOUT @ darebee.com

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



20 march steps



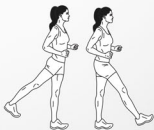
10 lunge step-ups



10 calf raises



20 side leg raises



20 swings