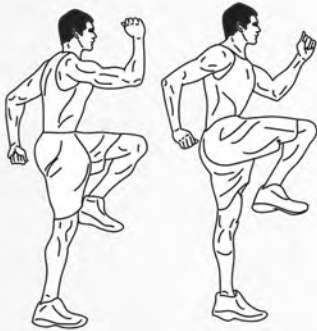


CLEAN SLATE

DAREBEE WORKOUT @ darebee.com

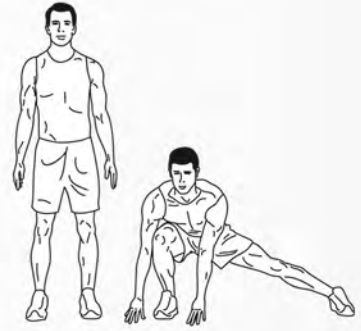
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



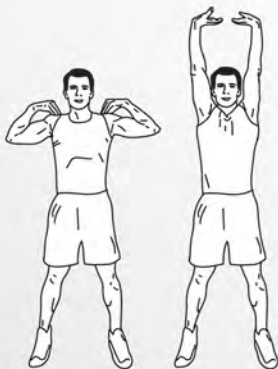
20 march steps



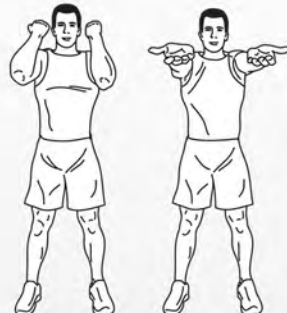
4 reverse lunges



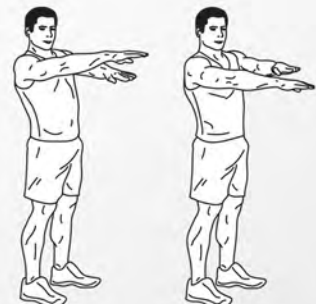
4 side lunges



20 shoulder taps



20 bicep extensions



20 arm scissors