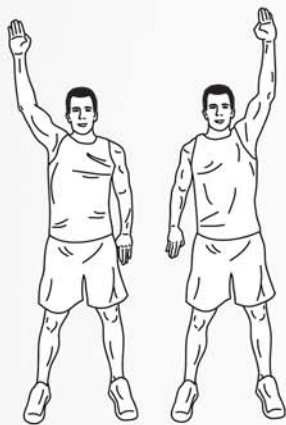
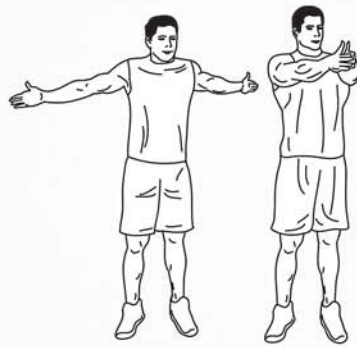


ENERGY BOOST

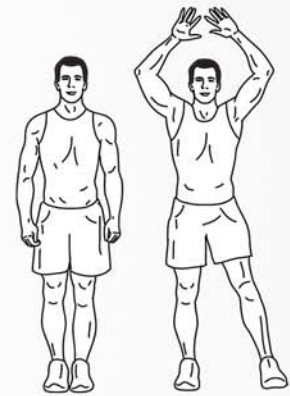
DAREBEE WORKOUT @ darebee.com



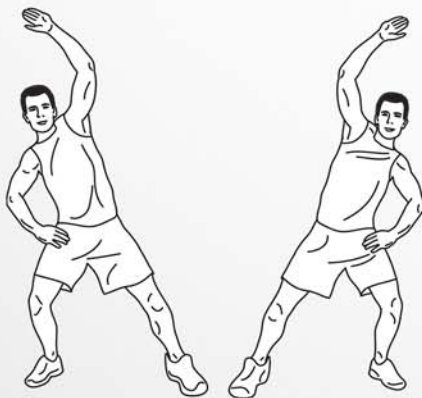
10 alt chest expansions



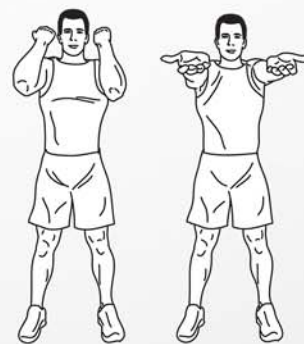
10 chest expansions



10 step jacks



10 side jacks



10 bicep extensions