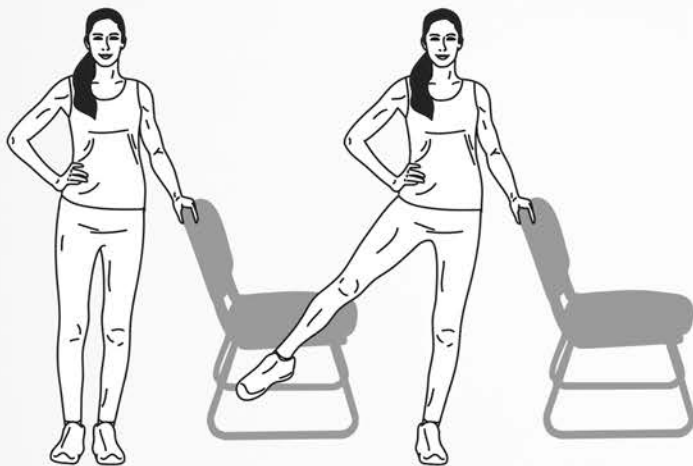


fix it!

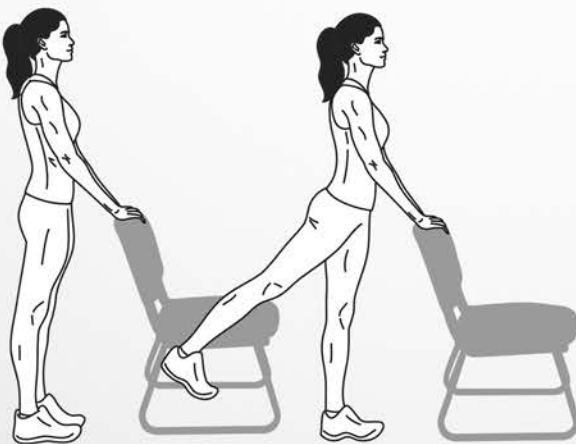
DAREBEE WORKOUT @ darebee.com

Repeat twice a day in total
for lower back pain relief



20 side leg raises
right leg

20 side leg raises
left leg



20 back leg raises
right leg

20 back leg raises
left leg

done