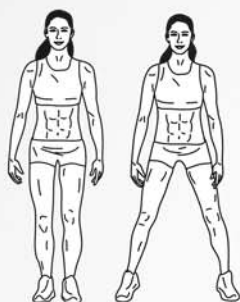


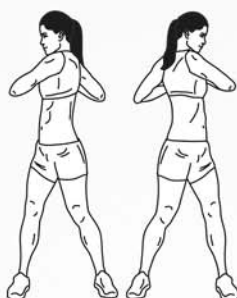
Graceling

DAREBEE **HIT** WORKOUT @ darebee.com

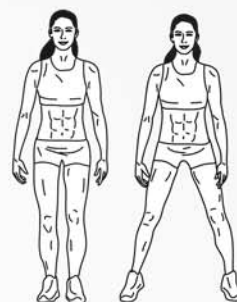
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



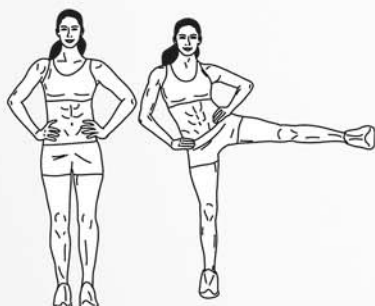
20sec half jacks



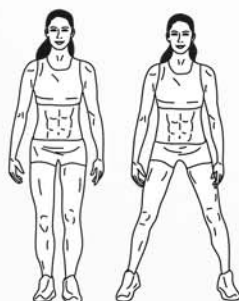
20sec twists



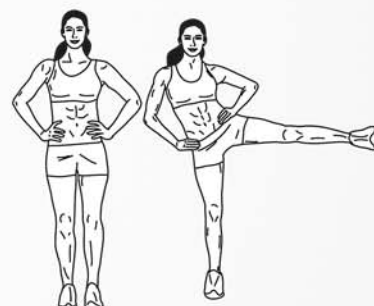
20sec half jacks



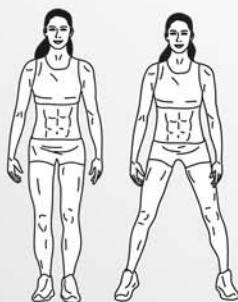
20sec side leg raises



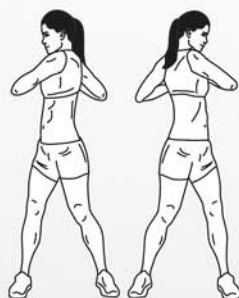
20sec half jacks



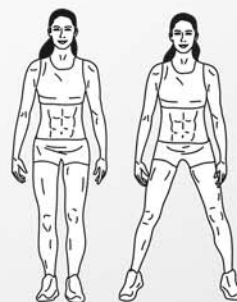
20sec side leg raises



20sec half jacks



20sec twists



20sec half jacks