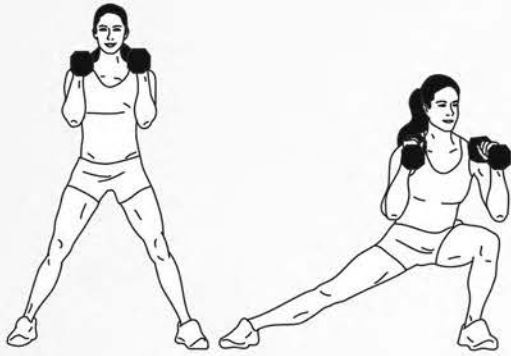


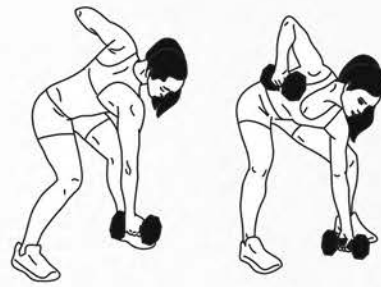
IRONHEART

DAREBEE WORKOUT @ darebee.com

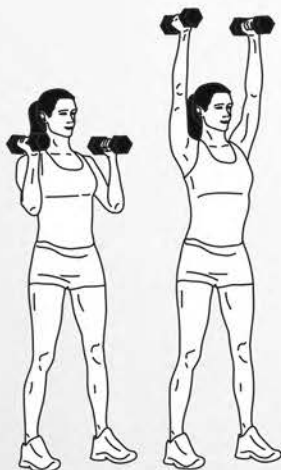
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



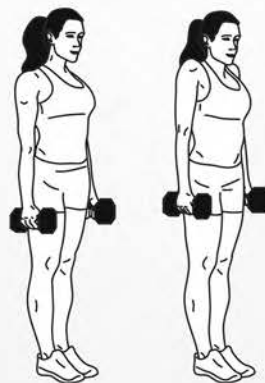
12 side lunges



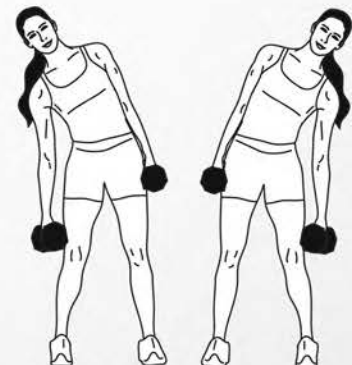
12 alternating bent over rows



6 shoulder press



6 shrugs



12 side bends