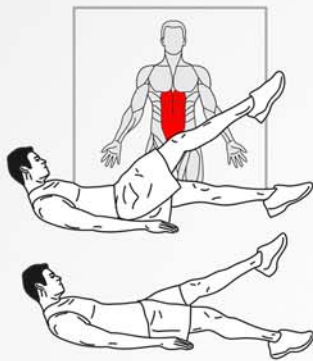


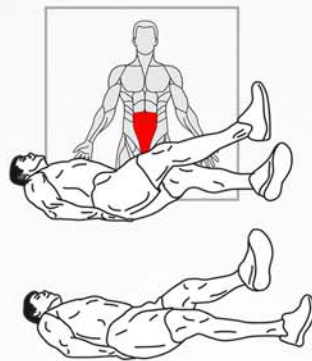
Master Pack

DAREBEE WORKOUT © darebee.com

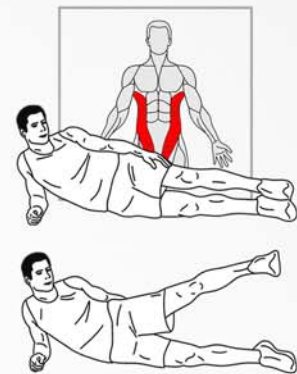
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



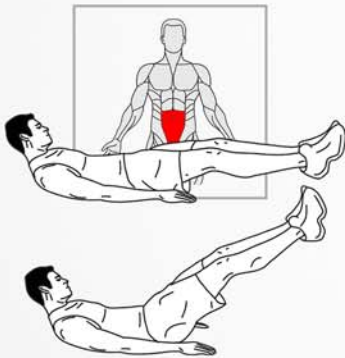
10 flutter kicks



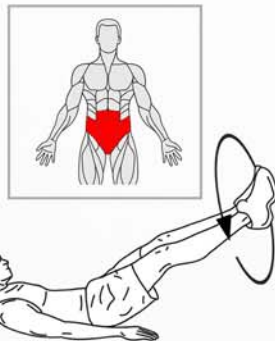
4 scissors



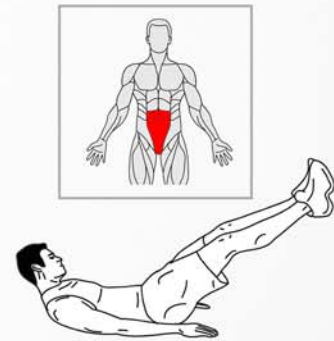
20 side leg raises



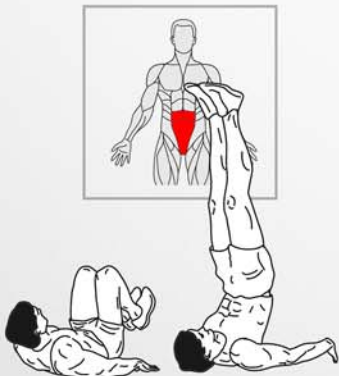
10 leg raises



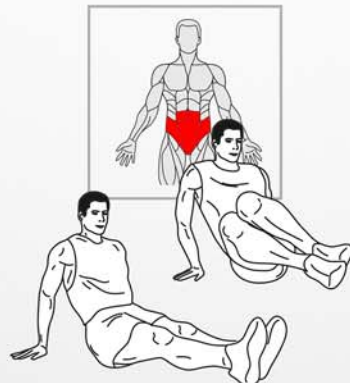
4 raised leg circles



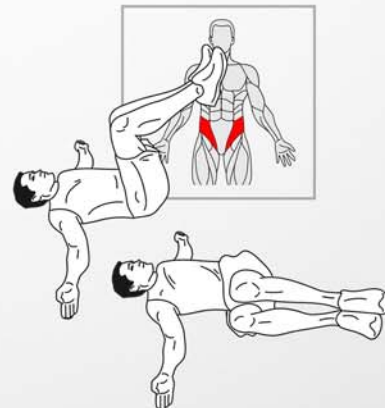
10-count raised leg hold



10 butt-ups



4 knee-in & twist



10 half wipers