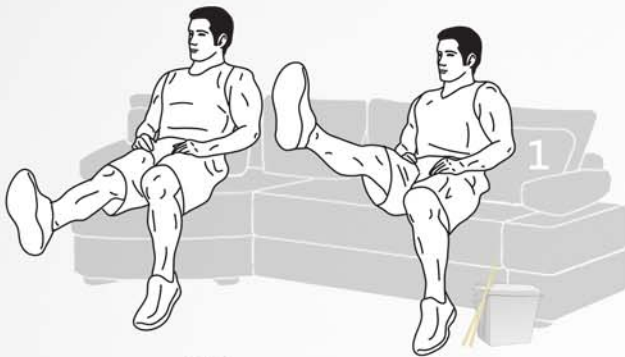


movie night

DAREBEE WORKOUT @ darebee.com

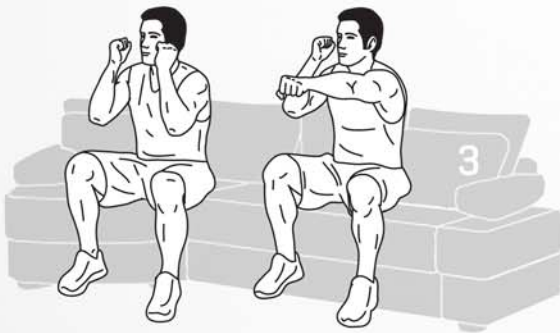
Repeat 3 times | up to 2 minutes rest between sets
or every 20 minutes during a movie



20 leg swings



20 front snap kicks



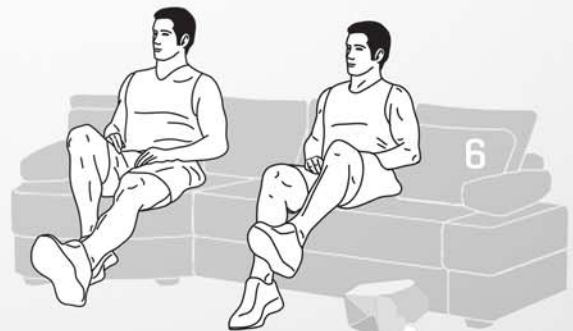
40 punches



40 overhead punches



20 knee taps



20 air bike crunches