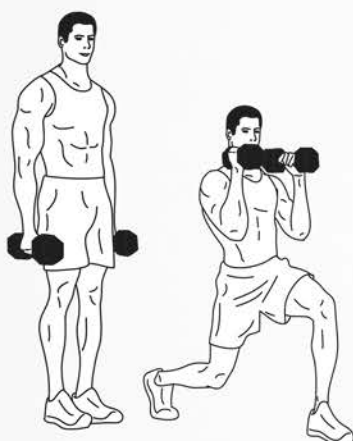


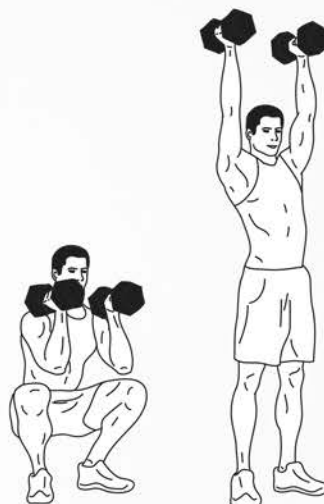
MOVING MOUNTAINS

DAREBEE WORKOUT @ darebee.com

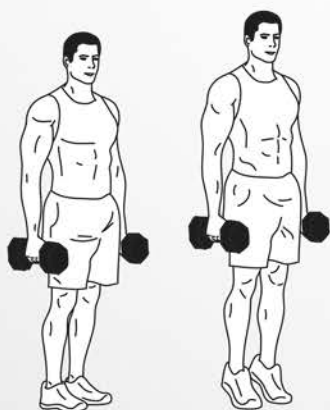
5 sets 2 minutes rest between sets



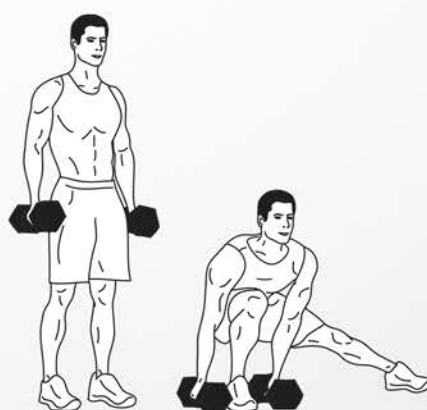
10 lunge hammer curls



10 squat shoulder press



10 calf raises



10 deep side lunges