

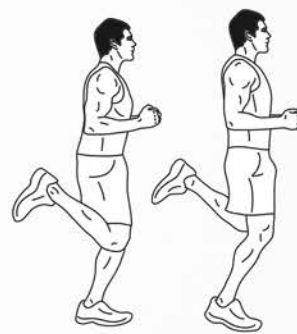
NO MORE BAD DAYS

DAREBEE WORKOUT @ darebee.com

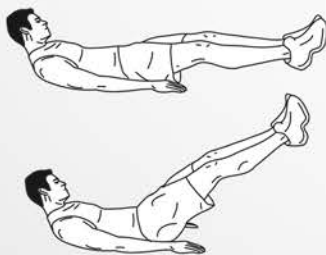
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 high knees



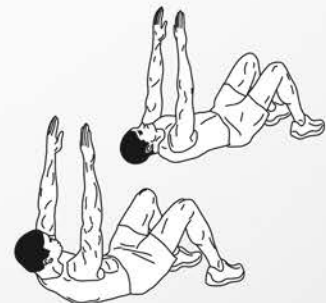
30 butt kicks



10 leg raises



10 reverse crunches



10 high crunches