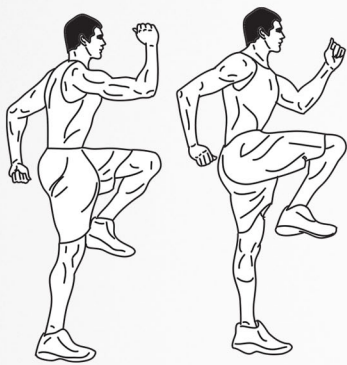


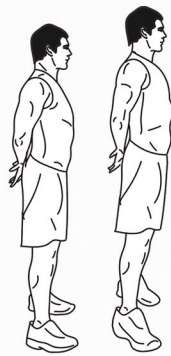
PORTER

DAREBEE WORKOUT @ darebee.com

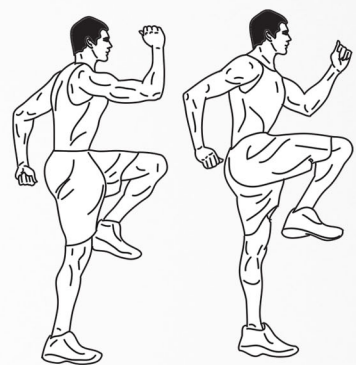
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



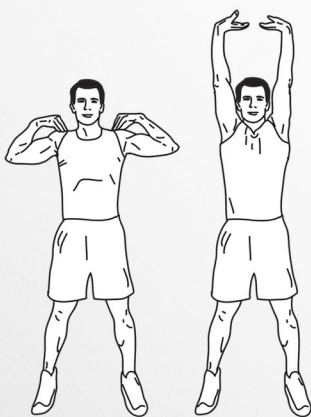
20 march steps



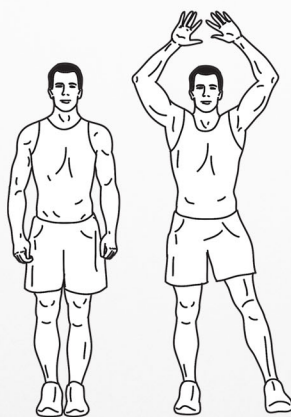
10 calf raises



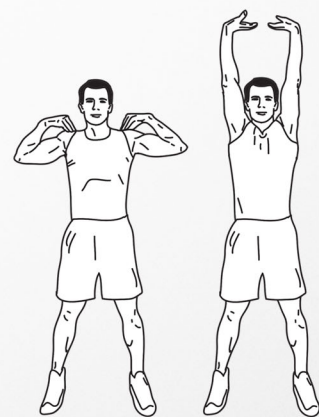
20 march steps



20 standing shoulder taps



10 step jacks



20 standing shoulder taps