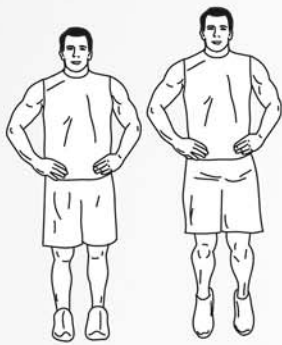
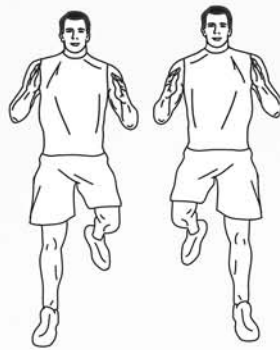


THE PREP

DAREBEE PRE-WORKOUT @ darebee.com



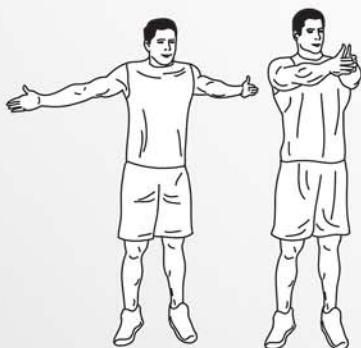
30 hops on the spot



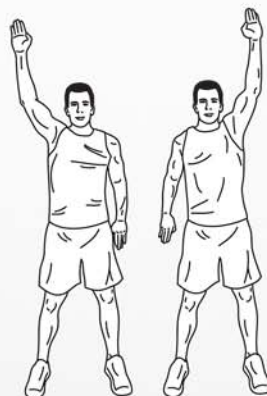
30 side-to-side hops



30 hip rotations



30 chest expansions



30 alt chest expansions



30 raised arm circles