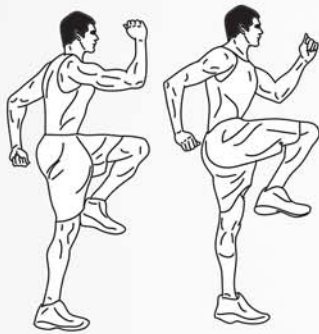


RE-GEN

DAREBEE WORKOUT @ darebee.com

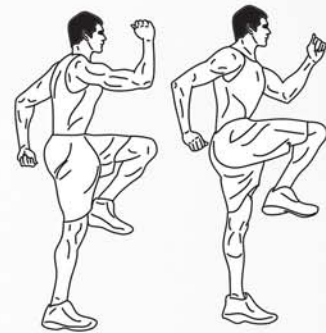
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



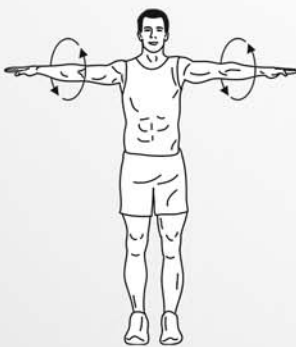
20 march steps



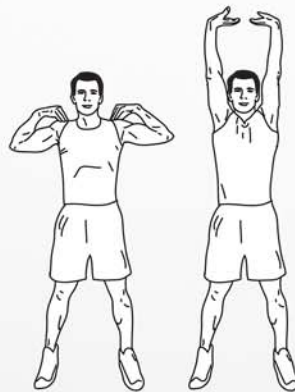
4 reverse lunges



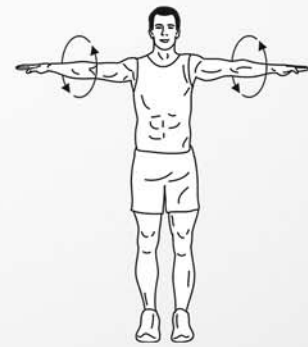
20 march steps



20 raised arm circles



20 shoulder taps



20 raised arm circles