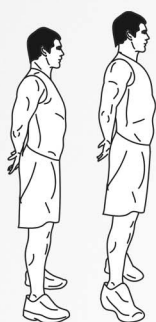


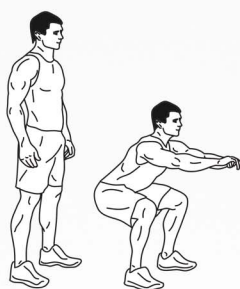
Up & Down

DAREBEE WORKOUT @ darebee.com

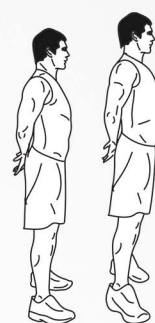
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



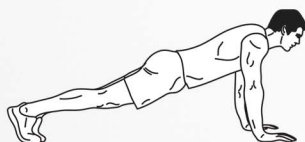
5 calf raises



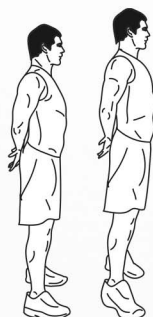
5 squats



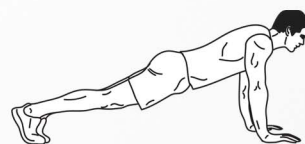
5 calf raises



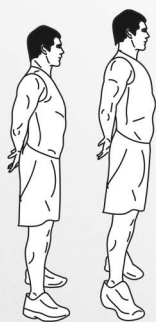
10-count plank hold



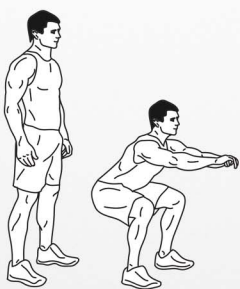
5 calf raises



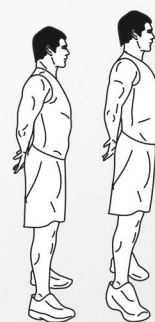
10-count plank hold



5 calf raises



5 squats



5 calf raises