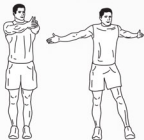


WAKE UP! ENERGIZED

DAREBEE WORKOUT @ darebee.com



20
step
jacks



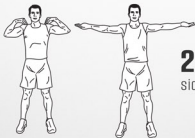
20
seal step
jacks



20
shoulder
tap



20
bicep
extensions



20
side shoulder taps