

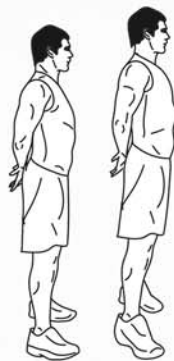
FRIDAY

DAREBEE WORKOUT @ darebee.com

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



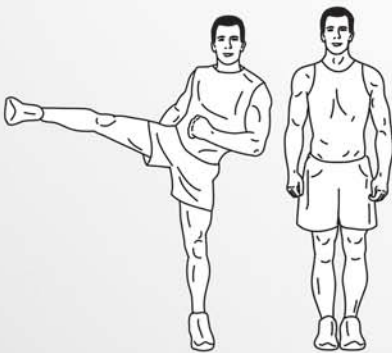
5 squats



5 calf raises



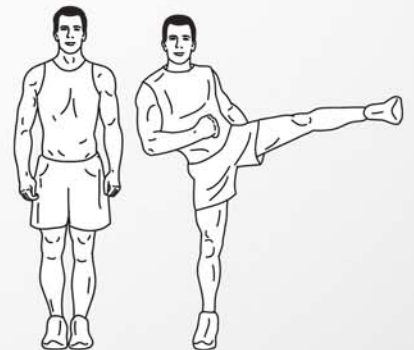
5 squats



20 side leg raises
right leg



5 squats



20 side leg raises
left leg