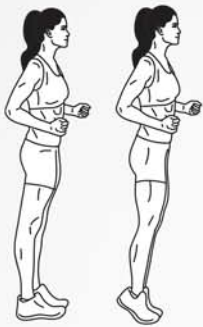


HEALER

DAREBEE WORKOUT @ darebee.com

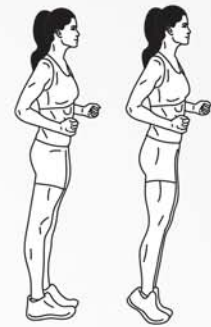
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



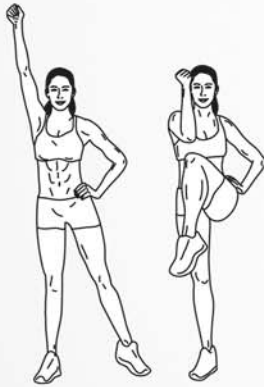
5 calf raises



10 reverse lunges



5 calf raises



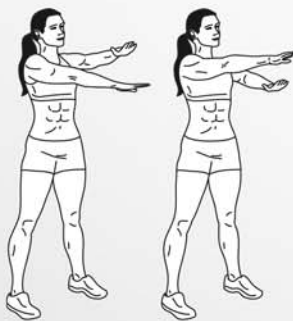
10 knee-to-elbows



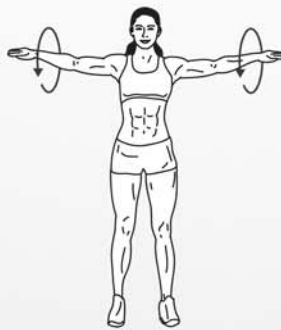
5 high squats



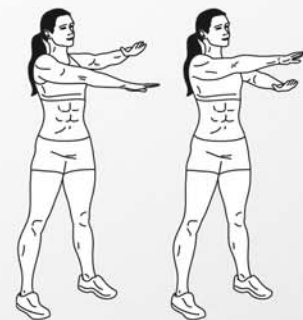
10 knee-to-elbows



10 arm scissors



10 raised arm circles



10 arm scissors