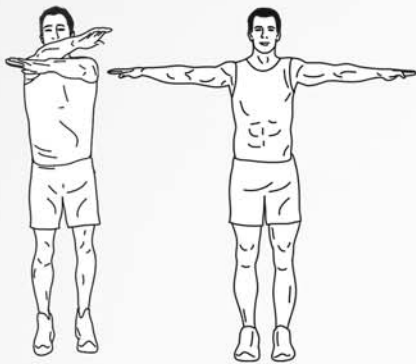


UNPLUGGED

DAREBEE WORKOUT @ darebee.com

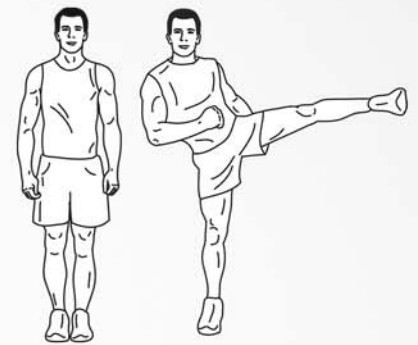
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



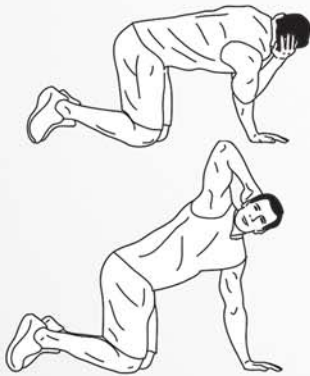
20 chest expansions



20 shoulder stretches



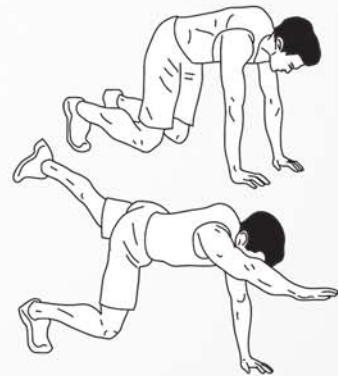
40 side leg raises



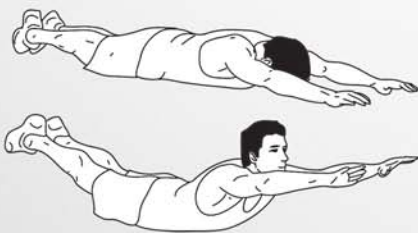
20 back rotations



20 back arches



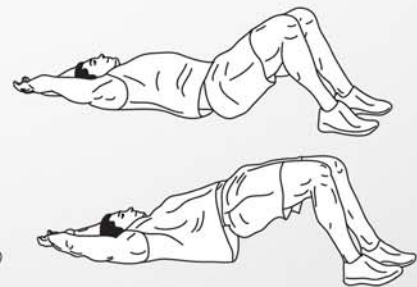
20 cat stretches



10 supermen



10 body folds



10 bridges