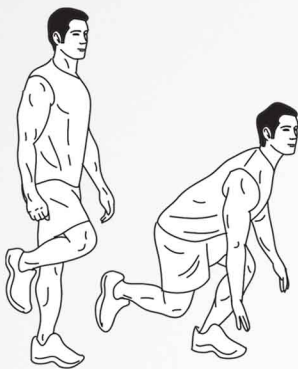


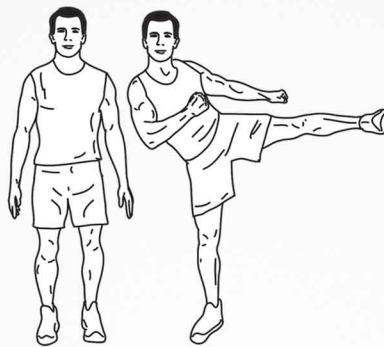
GUARDIAN

DAREBEE WORKOUT @ darebee.com

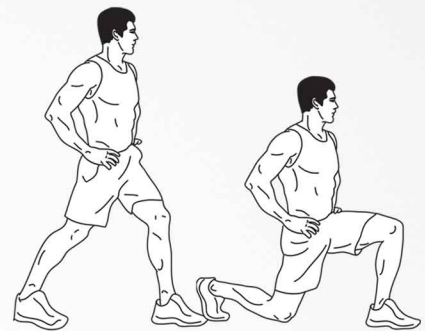
10 sets or as many as you can do rest between sets up to 2 minutes



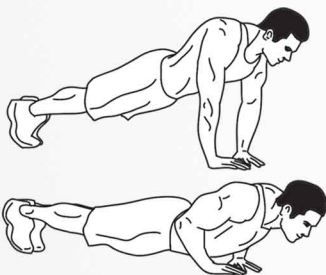
10 one legged squats



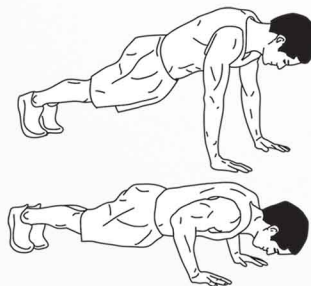
20 side leg raises



10 split lunges



5 close grip push-ups



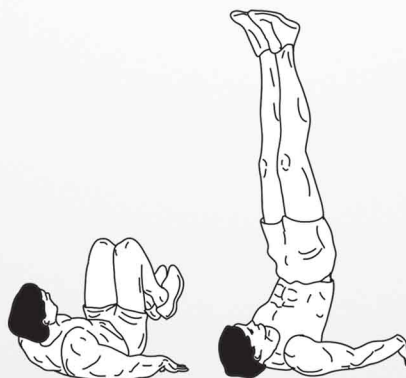
10 push-ups



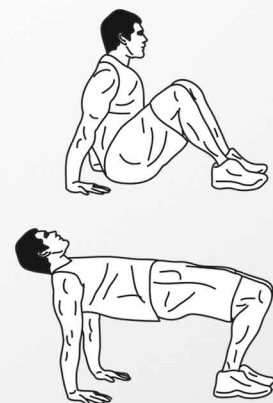
10-count elbow plank



10 sit-ups



10 butt-ups



10 tables