

# MAGE

DAREBEE WORKOUT

@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



**10** reverse lunges



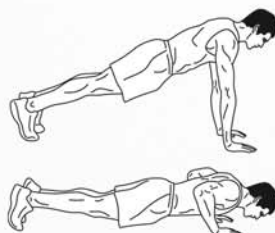
**10** calf raises



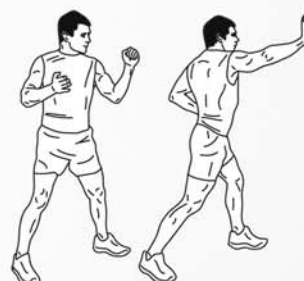
**10** side kicks



**10** reverse lunges



**10** push-ups



**30** palm strikes



**10** reverse lunges



**10** sit-ups



**10** sitting twists