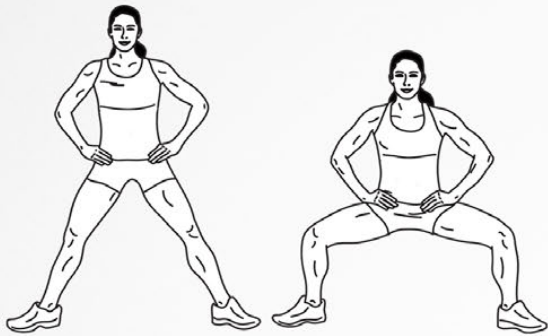


# Andromeda

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

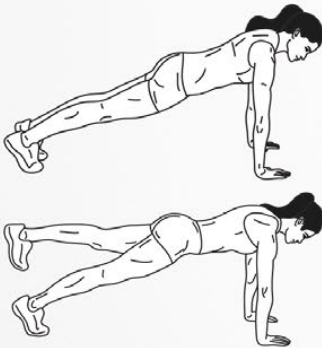
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** wide squats



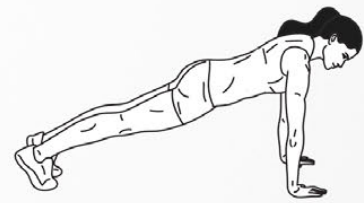
**10** squat hold side bends



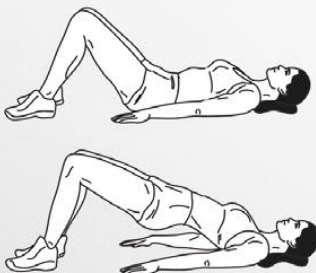
**10** plank leg raises



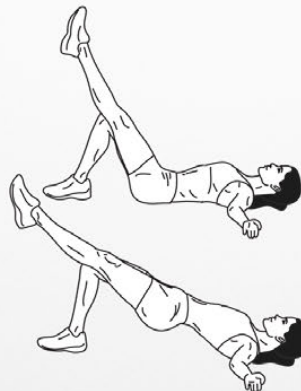
**10** plank rotations



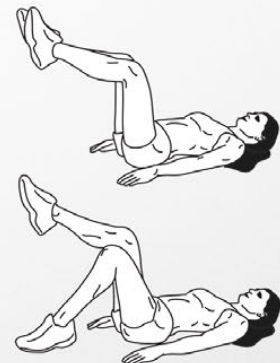
**10-count** plank hold



**10** bridges



**4** single leg bridges



**10** toe taps