

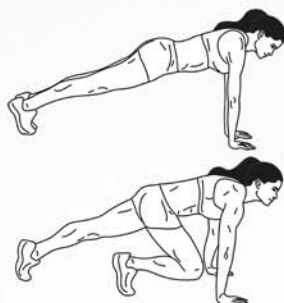
THE EMPRESS

DAREBEE WORKOUT © darebee.com

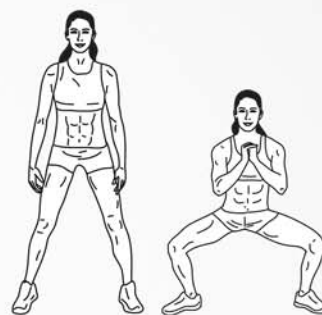
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



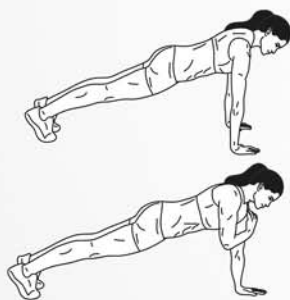
20 lunge step-ups



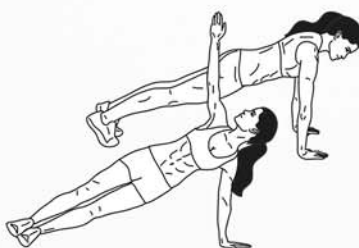
20 slow climbers



20 wide squats



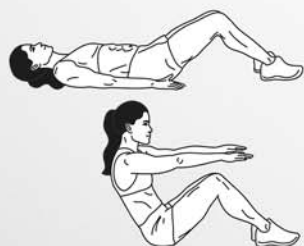
20 shoulder taps



10 plank rotations



20 raised arm circles



10 sit-ups



10 sitting twists



10 leg raises