

# GENTLEMAN

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

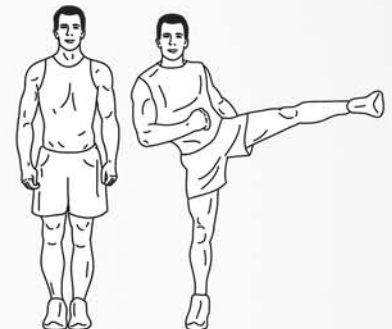
up to 2 minutes rest between sets



**20** cossack squats



**10** side-to-side lunges



**20** side leg raises



**10** side-to-side lunges



**20** knee-to-elbows



**10** side-to-side lunges