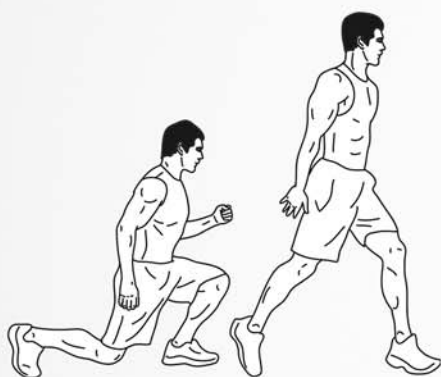


VANGUARD

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



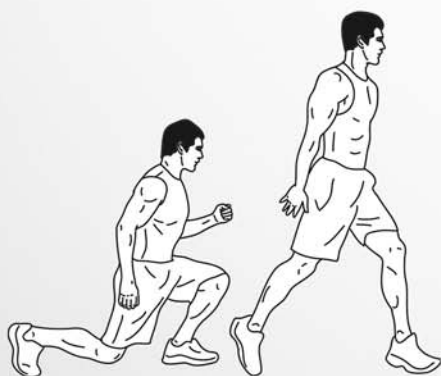
10 jumping lunges



10 reverse lunges



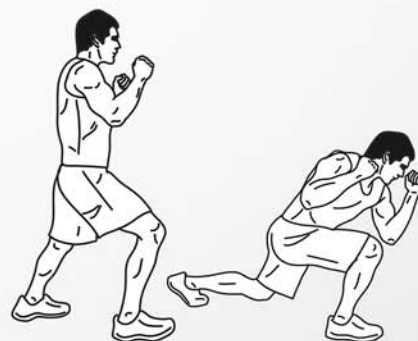
10 side-to-side lunges



10 jumping lunges



10 lunge step-ups



10 knee-to-elbow twists