

BECAUSE I CAN

DAREBEE WORKOUT @ darebee.com

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



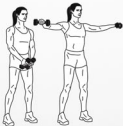
12 goblet squats



12 side lunges



12 bicep curls



6 lateral raises



6 upright rows