

HEALTH POTION

FULL STRENGTH

DAREBEE
WORKOUT
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Level I 3 sets

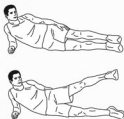
Level II 5 sets

Level III 7 sets

2 minutes rest



10 bridges



20 side leg raises



10 flutter kicks



20 alt arm / leg raises



10 superman extensions



10 prone reverse flies