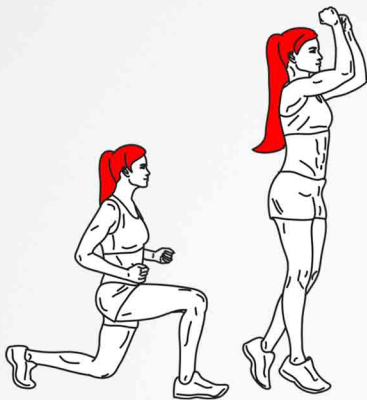


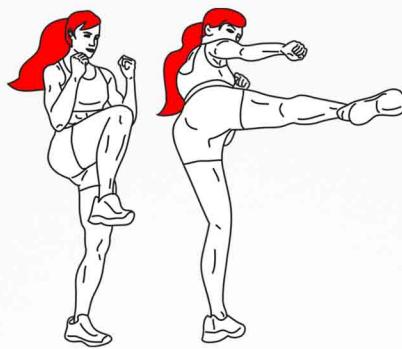
# TITANIA

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

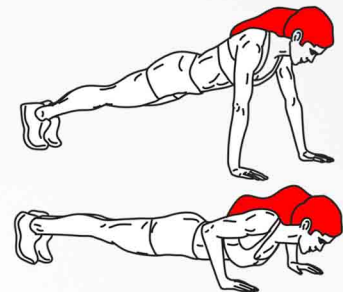
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



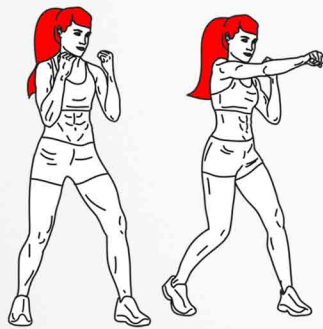
10 jumping lunges



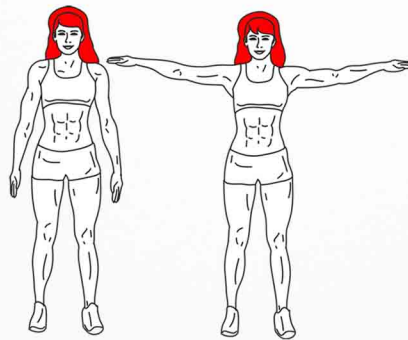
20 side kicks



10 push-ups



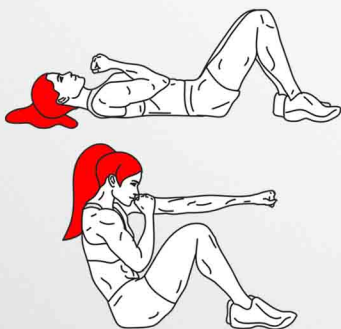
40 punches



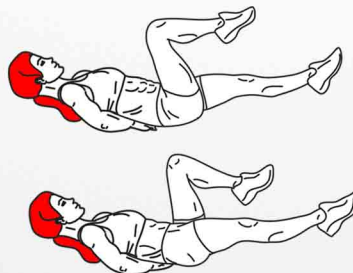
20 arm raises



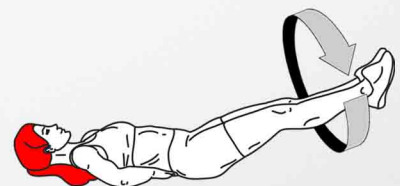
20 raised arm circles



10 punch sit-ups



10 air bike crunches



10 raised leg circles