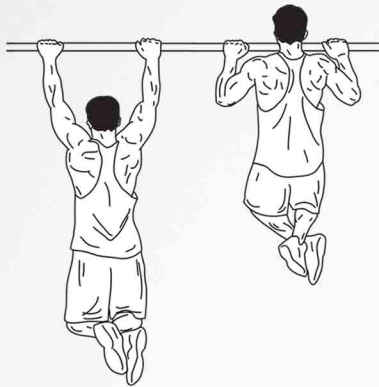


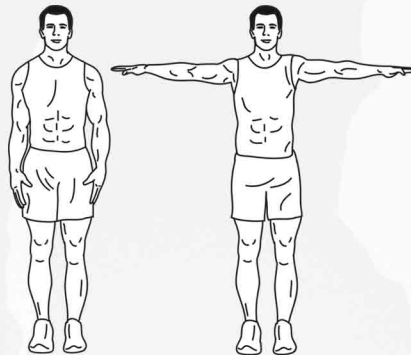
# ALTAIR

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

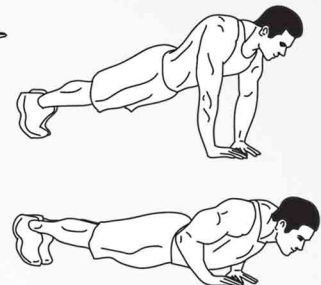
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



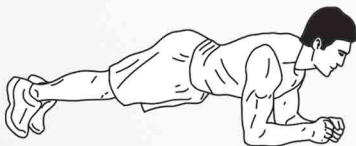
**to failure** pull-ups



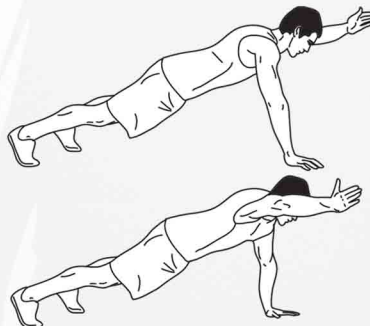
**20** arm raises



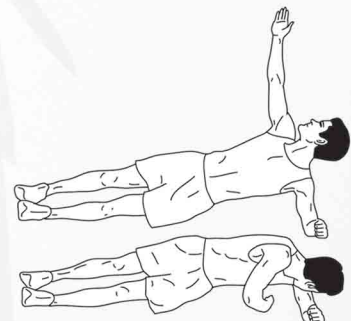
**5** tricep push-ups



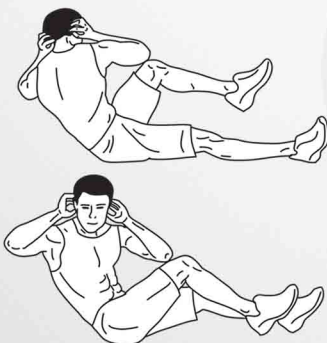
**30sec** elbow plank



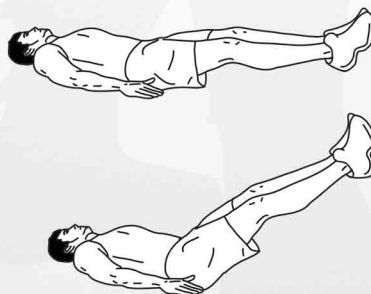
**20** plank arm raises



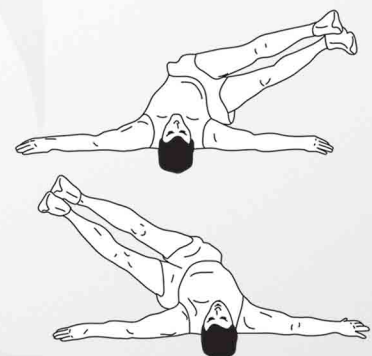
**20** side plank rotations



**20** knee-to-elbow crunches



**10** leg raises



**10** windshield wipers