

Aphrodite

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

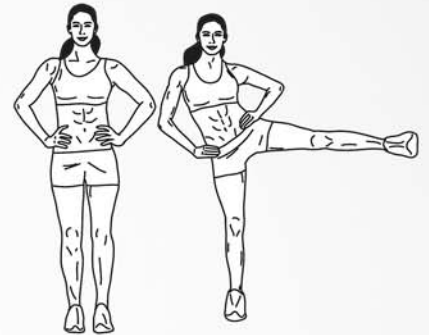
2 minutes rest between sets



20 lunges



10 deadlift & twist



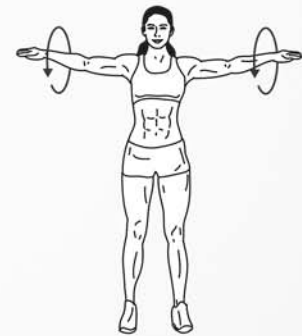
20 side leg raises



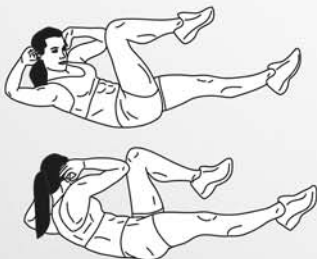
20 plank rotations



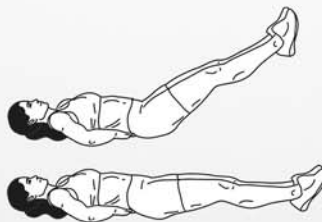
10 downward upward dog



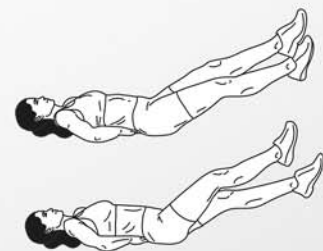
20 raised arm circles



20 knee-to-elbow



10 leg raises



20 scissors