

AUGMENTED

DAREBEE WORKOUT @ darebee.com

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



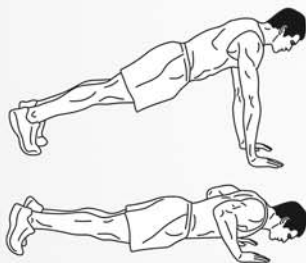
10 lunges



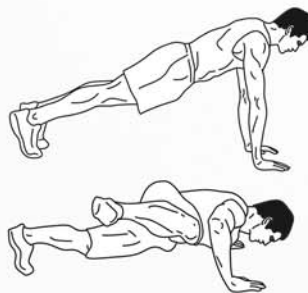
10 shrimp squats



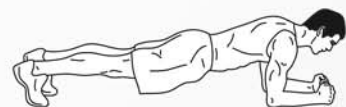
10 cossack squats



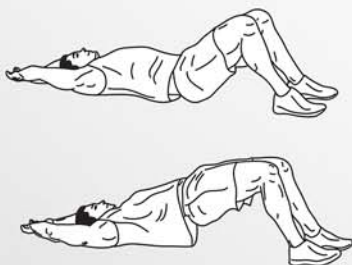
10 push-ups



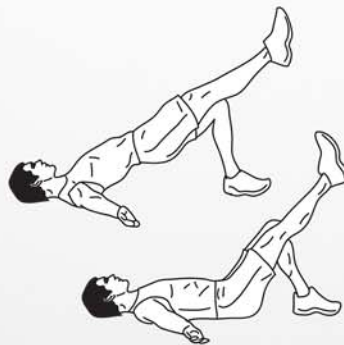
10 side crunch push-ups



20sec elbow plank



10 bridges



10 single leg bridges



10 get-ups