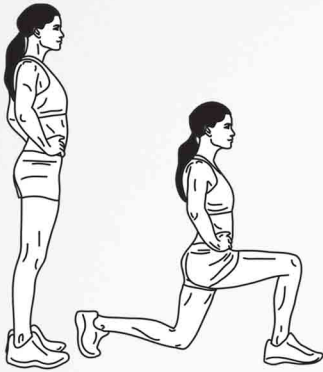


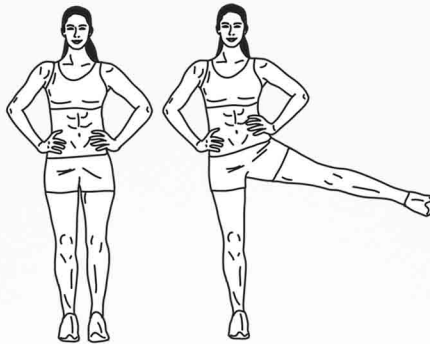
CROFT

DAREBEE WORKOUT @ darebee.com

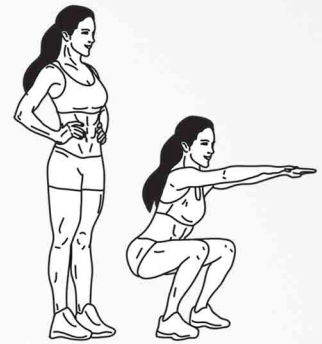
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



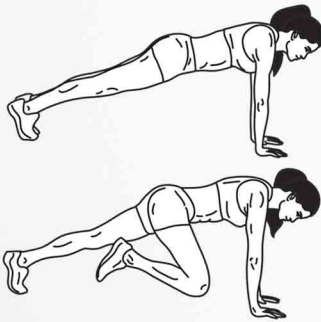
20 lunges



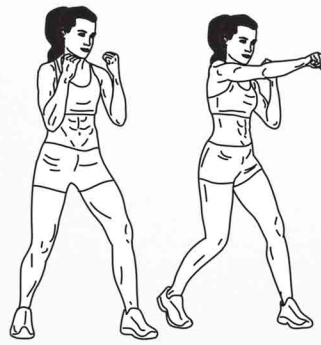
20 side leg raises



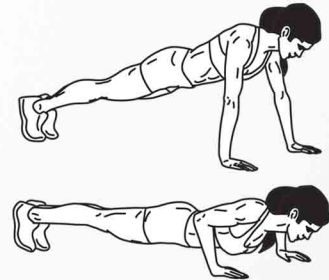
20 squats



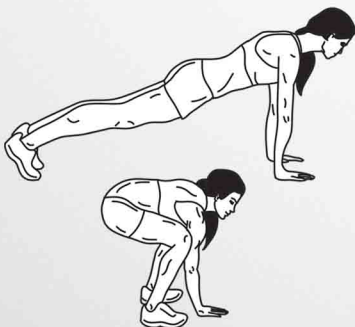
20 climbers



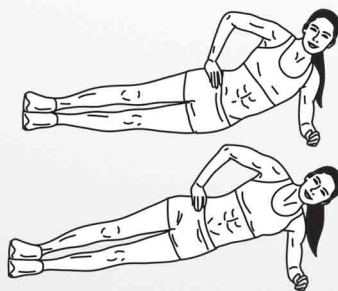
20 punches



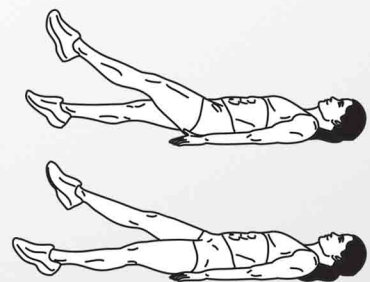
10 push-ups



10 plank jump-ins



10 side bridges



20 flutter kicks