

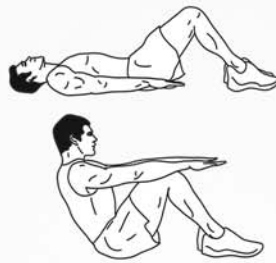
CRUCIBLE

DAREBEE WORKOUT @ darebee.com

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



5 squats



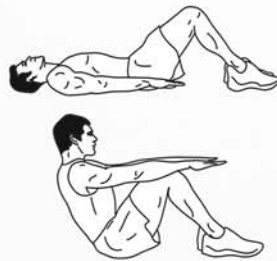
5 sit-ups



5 squats



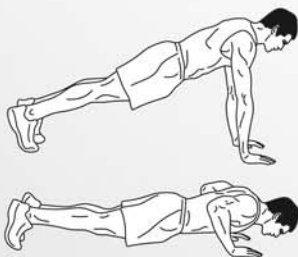
5 lunges (left leg)



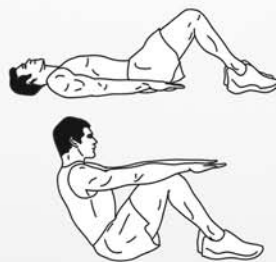
5 sit-ups



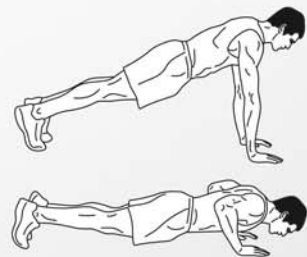
5 lunges (right leg)



5 push-ups



5 sit-ups



5 push-ups