

# **X**ELIMINATOR

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

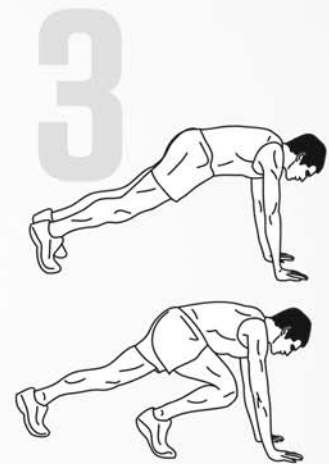
5 sets – after every set take the last exercise off the following set  
2 minutes rest between sets



**20** side leg raises



**10** squats



**20** climbers



**20** lunges



**10** plank arm raises



**20** high knees