

EPIC QUEST

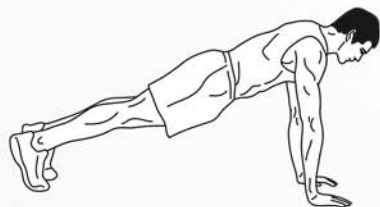
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



5 squats
5 sit-ups

5 push-ups
5 sit-ups



5 squats
5 sit-ups



5 push-ups
5 sit-ups



5 squats
5 sit-ups



5 push-ups
5 sit-ups