

the final GIRL

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



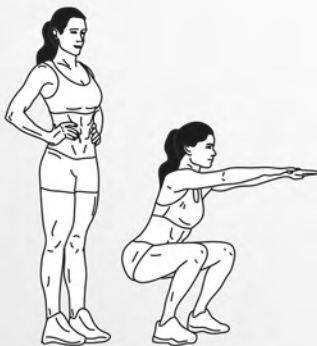
20 march steps



10 knee-to-elbows



20 march steps



10 squats



20 raised arm circles



10 squats