

FULL-BODY POWER

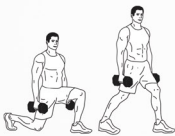
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



8 thrusters



16 split lunges



8 calf raises



8 bicep curls



8 push-up renegade rows