

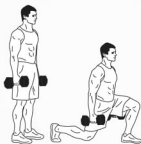
FULLBODY RENDER+

DAREBEE WORKOUT @ darebee.com

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



20 squats



20 lunges



20 alt bicep curls



20 push-ups



20 sit-ups



20 leg raises