

GARGOYLE

DAREBEE WORKOUT @ darebee.com

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



20sec squat hold



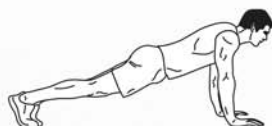
20sec plank hold



20sec squat hold



20sec plank hold



20sec shoulder taps



20sec plank hold



20sec squat hold



20sec plank hold



20sec squat hold