

GRIM REAPER

DAREBEE WORKOUT
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 tricep dips



10 reverse plank kicks



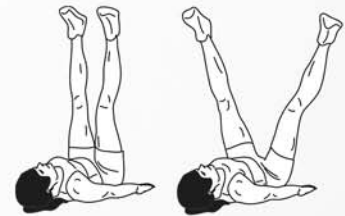
10 bridge taps



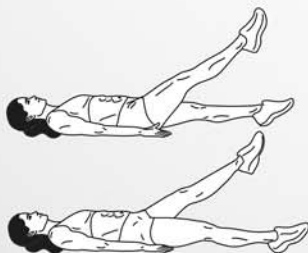
10 butterfly dips



5 butterfly sit-ups



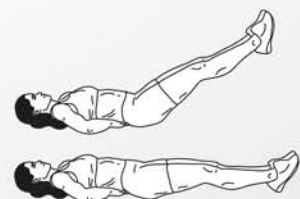
5 modified scissors



10 flutter kicks



10 sitting twists



5 leg raises