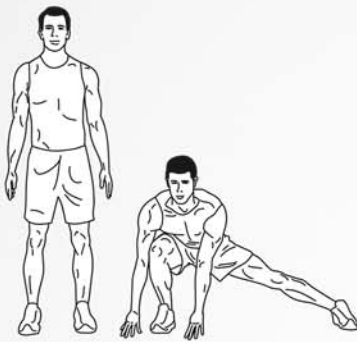


# HERCULES

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**10** side lunges



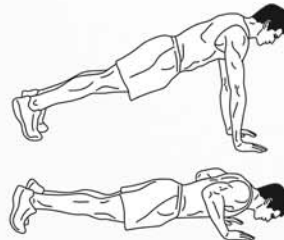
**4** calf raises



**10-count** star hold



**10** squats



**4** push-ups



**10-count** plank hold



**10** sit-ups



**4** sitting twists



**10-count** raised legs hold