

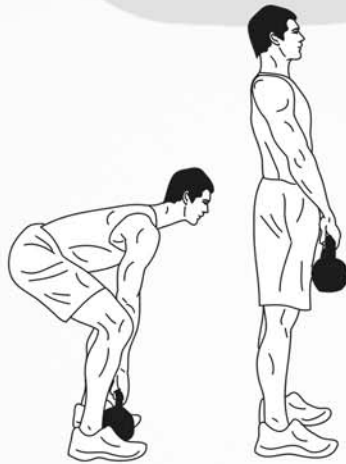
K-SCULPT

DAREBEE WORKOUT @ darebee.com

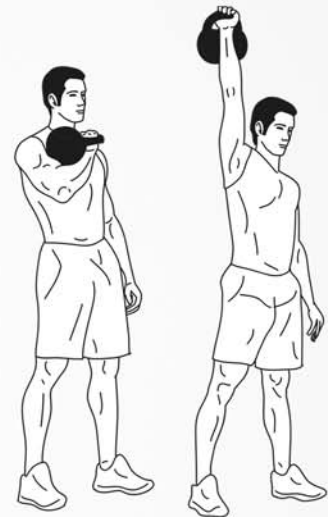
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



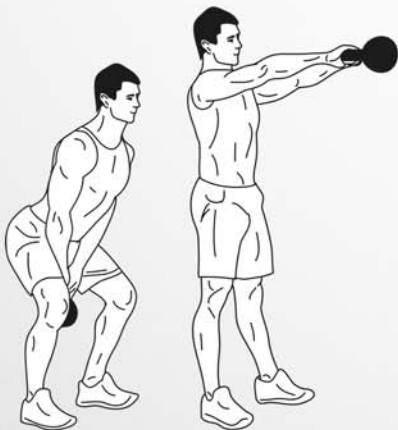
20 squats



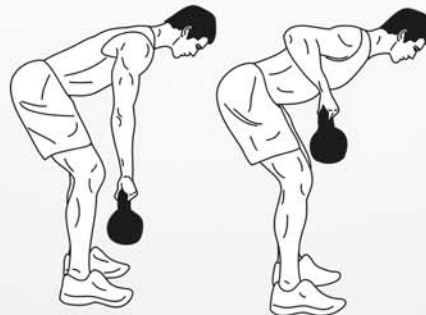
20 deadlifts



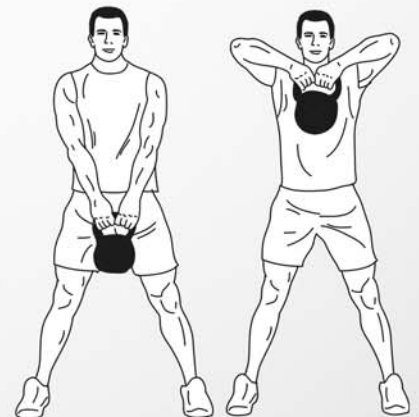
20 press



10 swings



10 rows



10 upright rows