

LINK

— LIFE —



DAREBEE WORKOUT

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LEVEL I 3 sets

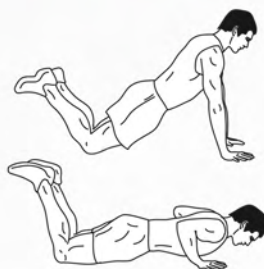
LEVEL II 5 sets

LEVEL III 7 sets

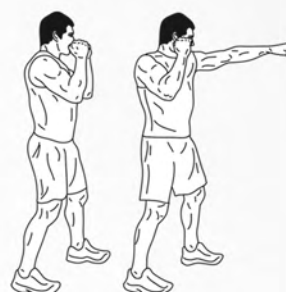
up to 2 minutes
rest between sets



10 lunges



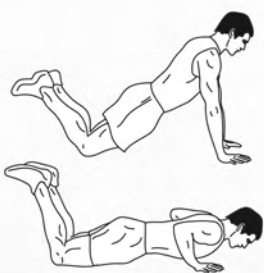
5 knee push-ups



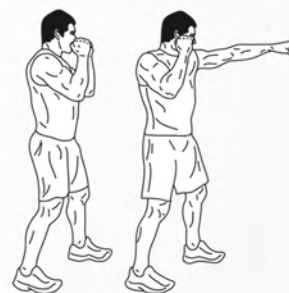
20 punches



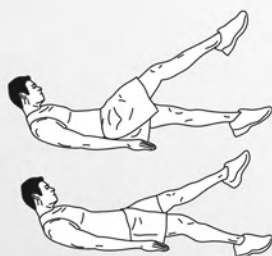
10 squats



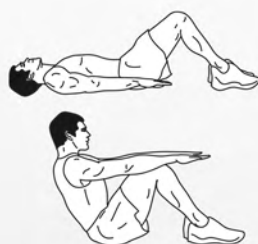
5 knee push-ups



20 punches



10 flutter kicks



5 sit-ups



20 sitting twists