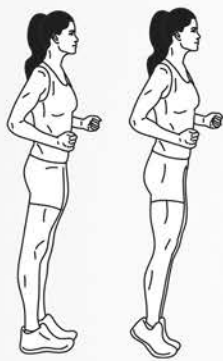


# NIGHTINGALE

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

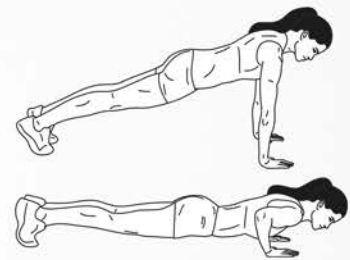
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



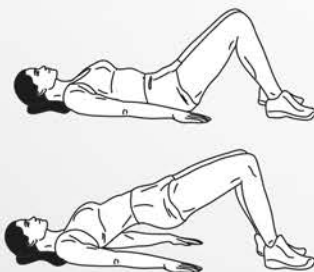
**10** calf raises



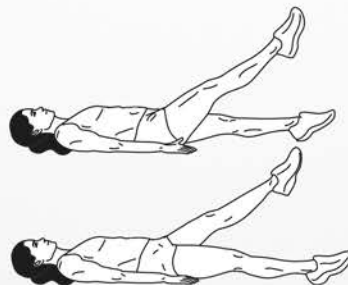
**10** lunge step-ups



**10** push-ups



**20** bridges



**20** flutter kicks



**20** crunch kicks