

ONE MORE SHOT

DAREBEE
WORKOUT

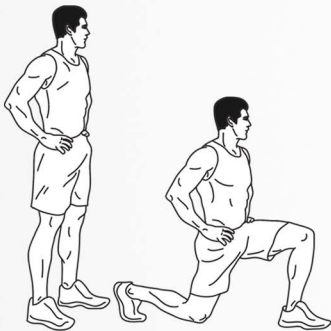
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LEVEL I 3 sets

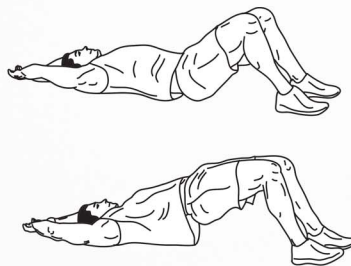
LEVEL II 5 sets

LEVEL III 7 sets

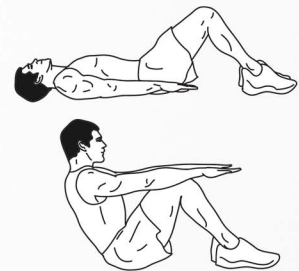
REST up to 2 minutes



10 lunges



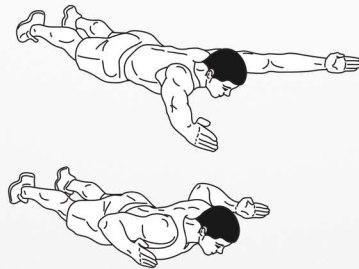
10 bridges



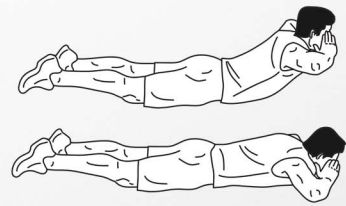
5 sit-ups



10 heel taps



10 W-extensions



5 back extensions