

PERMISSION

GRANTED

DAREBEE WORKOUT @ darebee.com

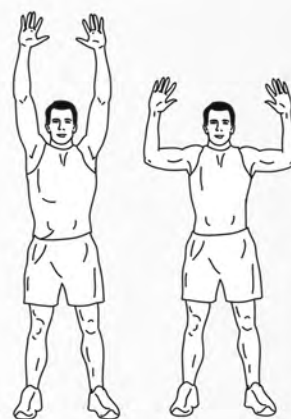
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



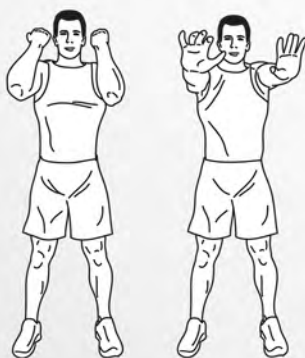
20 high knees



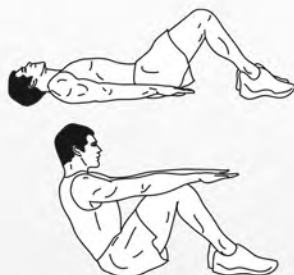
8 squats



20 standing W-extensions



20 bicep extensions



8 sit-ups



8 sitting twists