

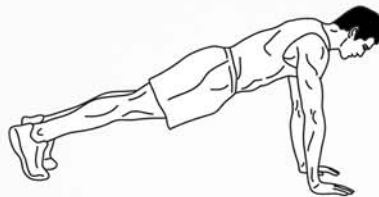
PowerFlow

DAREBEE WORKOUT © darebee.com

repeat the sequence 20 times = 1 set

LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets

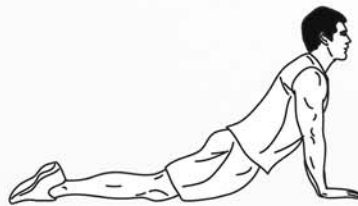
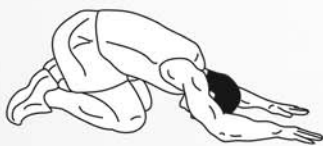
up to 2 minutes rest between sets



squat to the floor →

jump into plank →

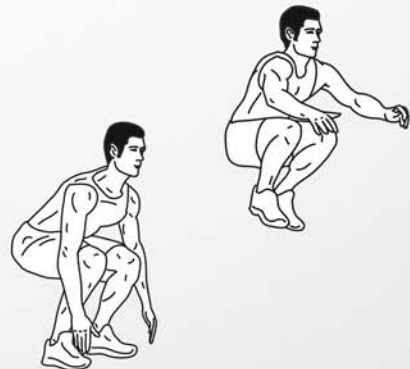
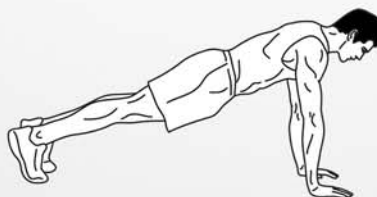
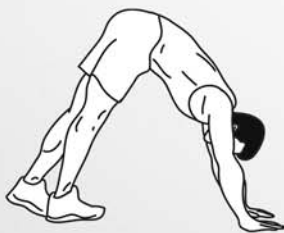
push up and go down again



stretch back →

and into upward dog →

followed by downward dog



slowly walk back into a plank →

jump in and then up with a knee tuck