

PROTECTOR

DAREBEE WORKOUT @ darebee.com

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



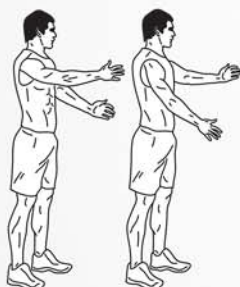
10 calf raises



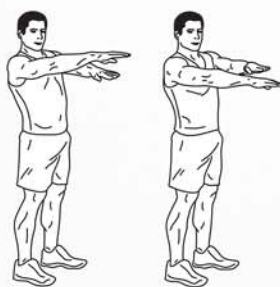
20 squats



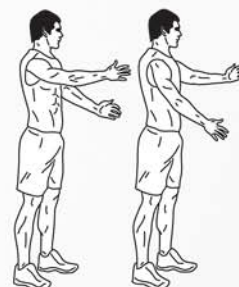
10 calf raises



20 scissor chops



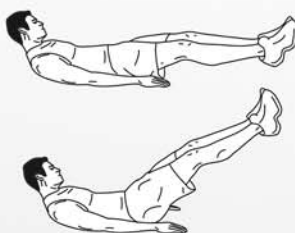
20 arm scissors



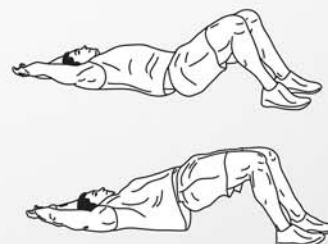
20 scissor chops



10 bridges



10 leg raises



10 bridges