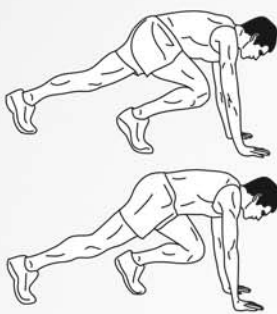


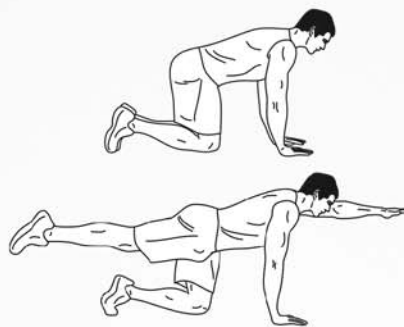
# PRO THE WFLOWLER

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

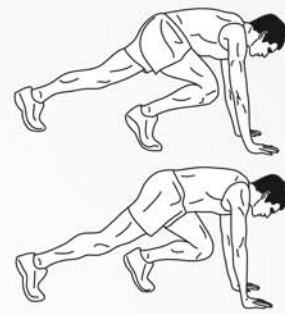
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



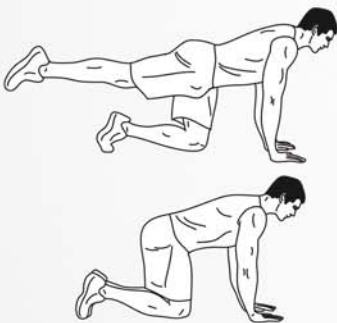
10 climbers



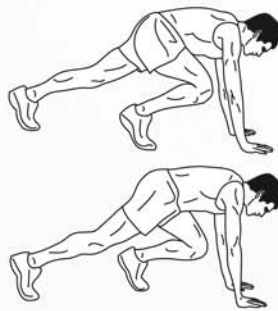
6 alt arm / leg raises



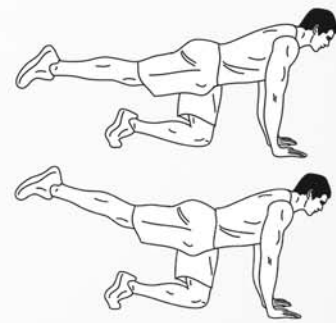
10 climbers



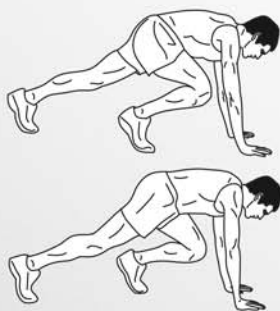
6 back kicks



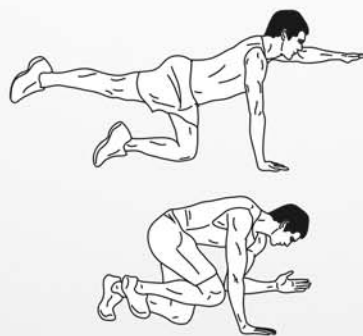
10 climbers



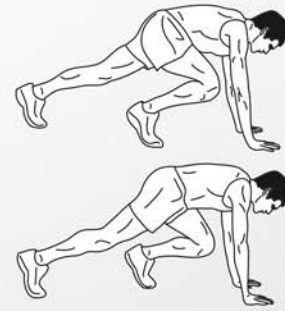
6 leg swings



10 climbers



6 knee-to-elbow extensions



10 climbers