

# SOFT GIRL

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 step jacks



10 side bends



10 high deadlifts



10 calf raises



10 twists



10 wide arm circles



10 side leg raises