

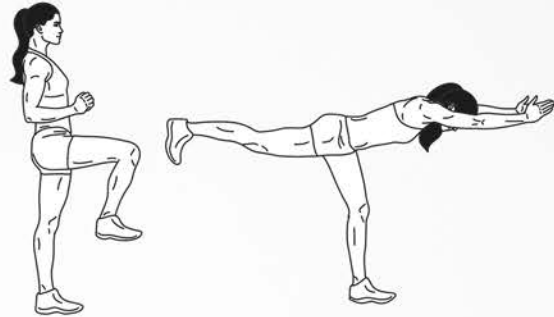
spectacular me

DAREBEE WORKOUT
@ darebee.com

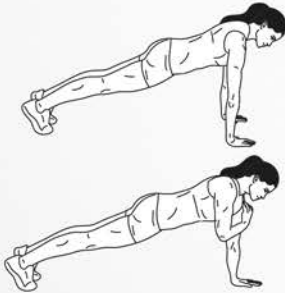
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



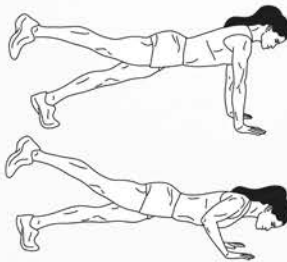
4 single leg squats



4 single leg deadlifts



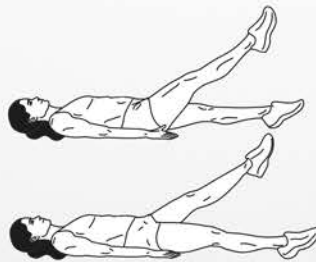
10 shoulder taps



4 raised leg push-ups



10 plank rotations



10 flutter kicks