

START HERE

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



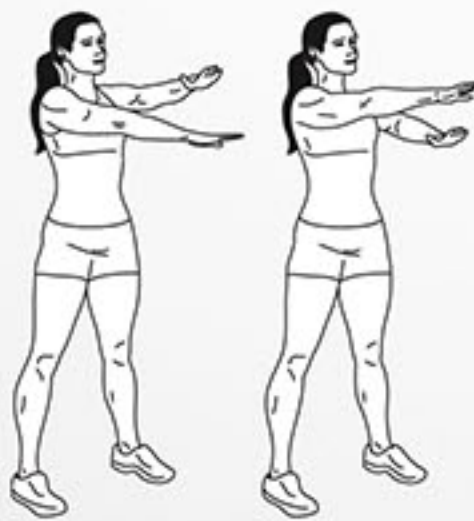
20 side leg raises



20 knee to elbows



20 step jacks



20 arm scissors



20 arm circles