

# SUPERNOVA

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

up to 2 minutes rest between sets



## MOVE 1

10-count plank hold



## MOVE 2

10 alt arm / leg raises



## MOVE 3

4 moving plank 90°



## MOVE 4

10 climbers



## MOVE 5

4 push-ups