

SYNDICATE

DAREBEE WORKOUT @ darebee.com

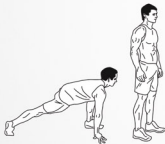
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 tap side lunges



10 side-to-side lunges



10 deep reverse lunges



10 slow climbers



10 calf raises



10 push-up shoulder taps