

TITAN

DAREBEE WORKOUT @ darebee.com

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



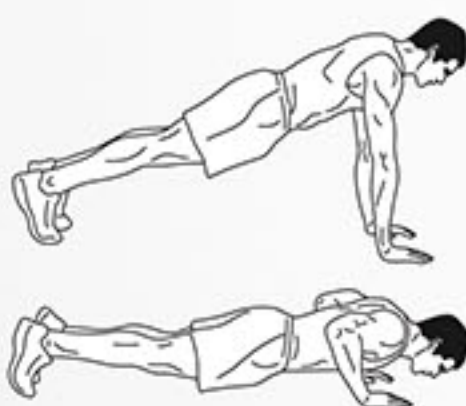
20 lunges



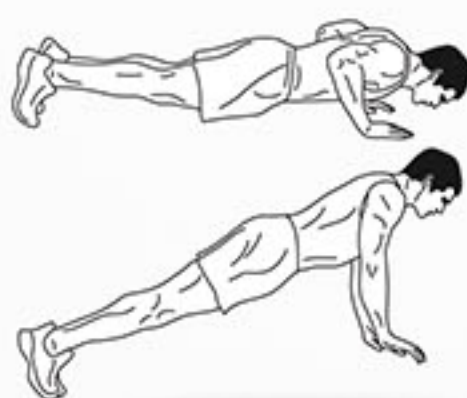
20 squats



10-count squat hold



4 push-ups



4 power push-ups



10-count plank hold



10 high crunches



10 leg raises



10-count raised leg hold