

# ACOLYTE

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

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



14 side lunges



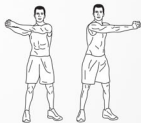
14 side-to-side lunges



14 plank leg raises



10-count plank hold



40 side chops



**workout finish**

10 minute meditation