

ADVENTURER

DAREBEE WORKOUT @ darebee.com

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



20 march steps



20 high knees



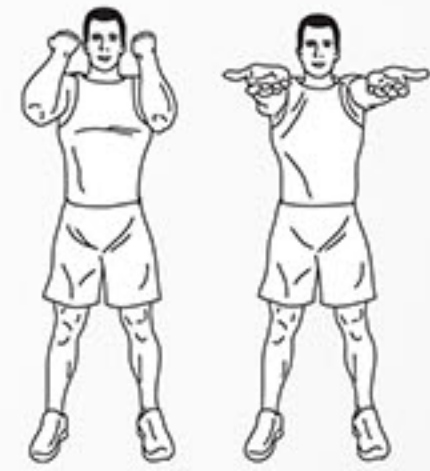
20 march steps



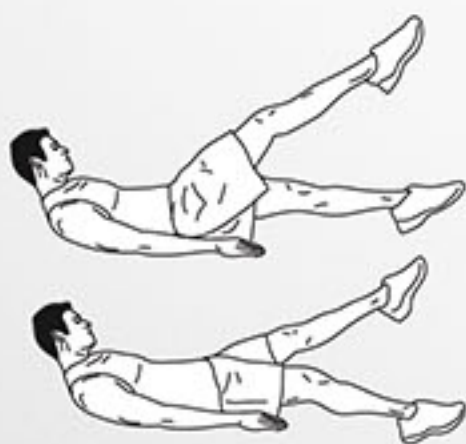
20 bicep extensions



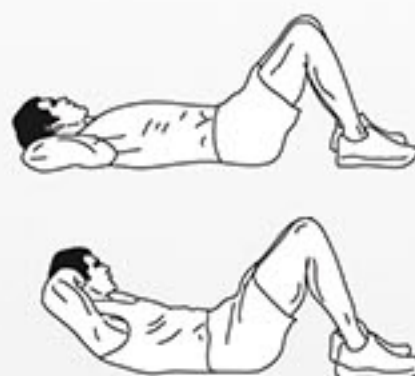
20 shoulder taps



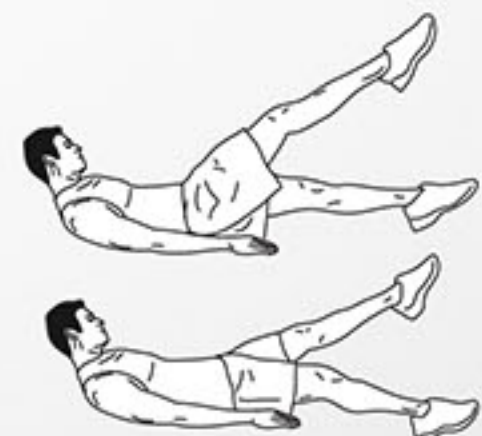
20 bicep extensions



20 flutter kicks



20 crunches



20 flutter kicks