

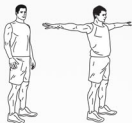
ALTAIR

DAREBEE WORKOUT @ darebee.com

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



max pull-ups



20 arm raises



4 close grip push-ups



10-count elbow plank



20 plank arm raises



20 side plank rotations



20 knee-to-elbows



10 leg raises



10 windshield wipers