

ALTERED CARBON

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 jumping jacks



10 squats



2 jump squats



2 push-ups



10-count raised leg hold



10 plank rotations



10 arm circles



10 crunches



10 sitting twists