

MY BEST SELF

WORKOUT
BY DAREBEE
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
in between



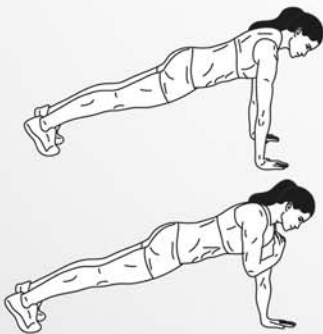
20 march steps



10 lunge step-ups



10 side lunges



20 shoulder taps



10 plank rotations



10 climber taps