

CASANOVA

DAREBEE WORKOUT @ darebee.com

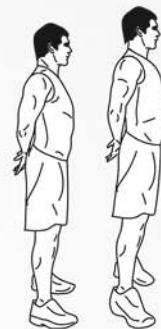
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 forward lunges



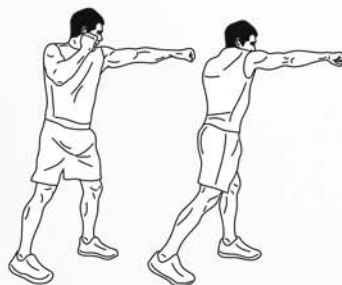
20 reverse lunges



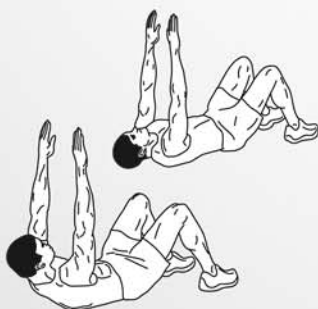
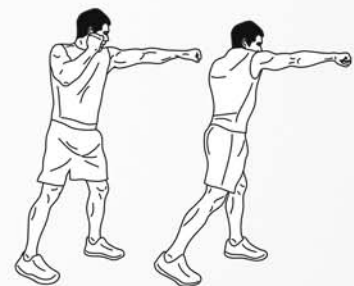
20 calf raises



20combos push-up + jab + cross



20combos squat + jab + cross



20 high crunches



20 sitting twists



20 reverse crunches