

CENTURION+

DAREBEE WORKOUT @ darebee.com

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



12 power squats



6 side-to-side lunges



6 combos jab + cross + push-up



12 bicep curls



12 high crunches



6 leg raises



12 flutter kicks