

CRONUS

DAREBEE WORKOUT @ darebee.com

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



10 squats



2 plank walk-outs



10 shoulder taps



10 squats



2 plank walk-outs



10 plank rotations



10 squats



2 plank walk-outs



10-count plank hold