

CYPHER

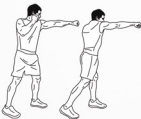
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



3combos: 2 squats + 10 side kicks

5 slow squats



3combos: 2 push-up + 10 punches

5 slow push-ups



3combos: 2 sit-ups + 10 sitting twists

5 slow sit-ups