

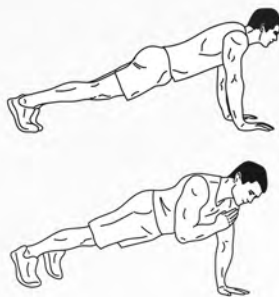
DEFIANT

DAREBEE WORKOUT @ darebee.com

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



10 lunges



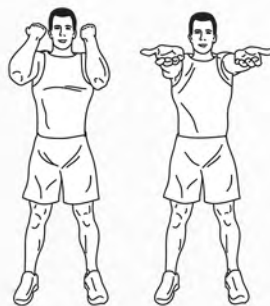
10 shoulder taps



10 plank rotations



10 lunges



30 bicep extensions



10 calf raises



10 lunges



10 high crunches



10 knee-to-elbows