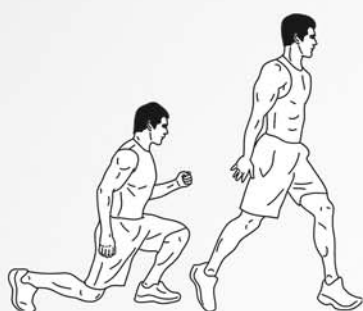


# DOMINATOR

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

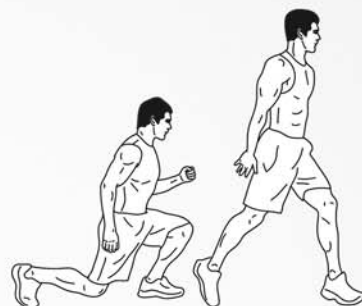
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



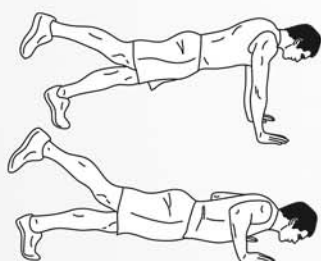
4 jumping lunges



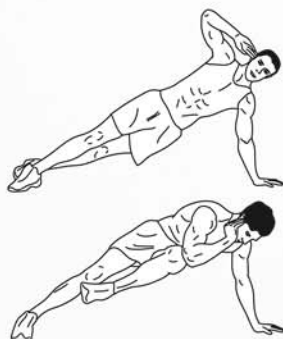
10 deep side-to-side lunges



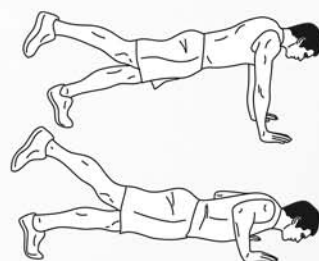
4 jumping lunges



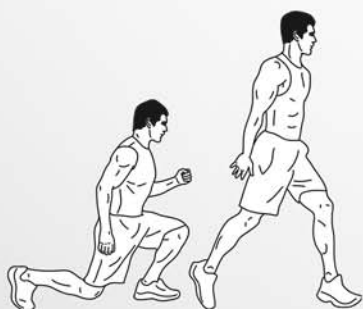
4 raised leg push-ups



10 side plank crunches



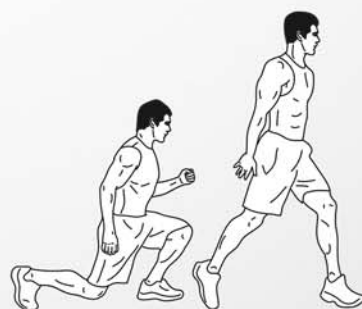
4 raised leg push-ups



4 jumping lunges



10 calf raises



4 jumping lunges