

ENDGAME+

DAREBEE WORKOUT © darebee.com

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



10 lunges



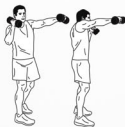
10 overhead punches



10 alt bicep curls



10 lunges



10 punches



10 alt bicep curls



10 flutter kicks



10 leg raises



10-count raised leg hold