

fitmom

DAREBEE WORKOUT @ darebee.com

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



10 lunges



10 squats



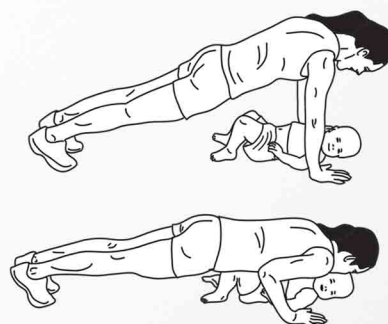
10 sitting twists



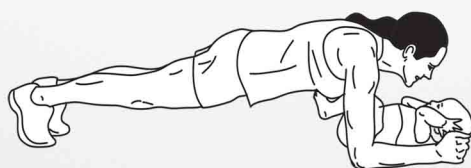
10 bridges



10 lifts



5 push-ups



20sec elbow plank