

FRIDAY

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

up to 2 minutes rest between sets



5 squats



5 calf raises



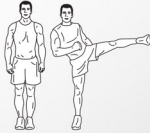
5 squats



20 side leg raises
right leg



5 squats



20 side leg raises
left leg