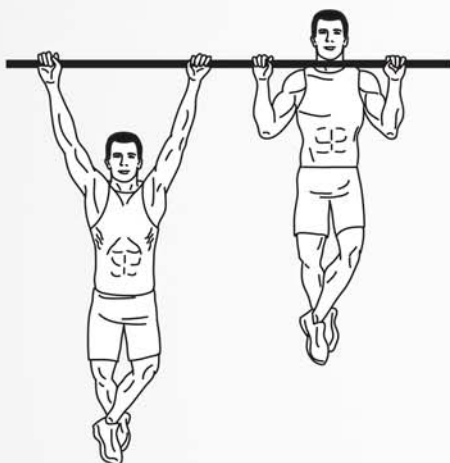


FRONT LEVER PREP

attempt
when ready

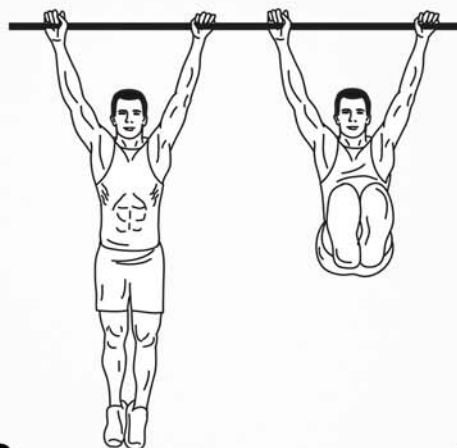


DAREBEE WORKOUT
@ darebee.com



5 pull-ups
3 sets

60sec rest between sets



8 leg raises
3 sets
(as high as possible)

60sec rest between sets



to failure leg raise hold
3 sets

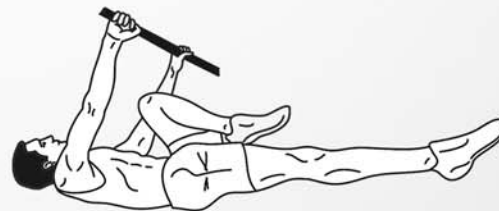
60sec rest between sets



30sec x 3 sets
tuck front lever hold
60sec rest between sets



30sec x 3 sets
advanced tuck front lever
60sec rest between sets



30sec x 3 sets
single leg front lever
60sec rest between sets