

FULLBODY RENDER

DAREBEE WORKOUT @ darebee.com

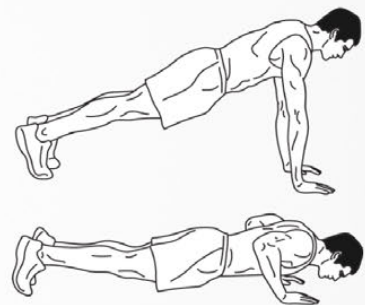
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



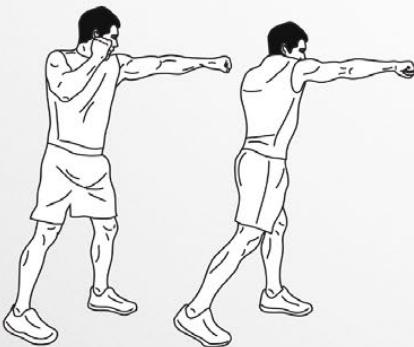
20 squats



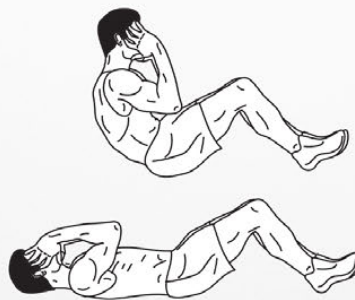
20 lunges



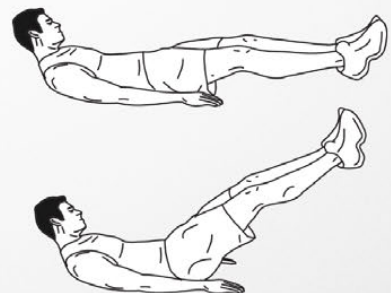
20 push-ups



20 punches



20 sit-ups



20 leg raises