

GRAVEYARD SHIFT

DAREBEE
WORKOUT

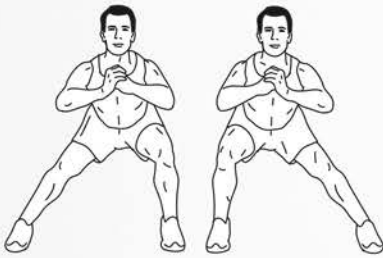
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

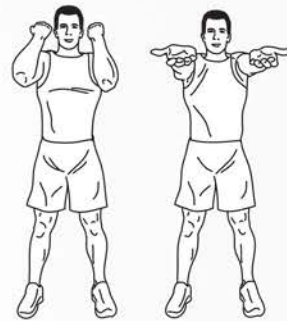
REST up to 2 minutes



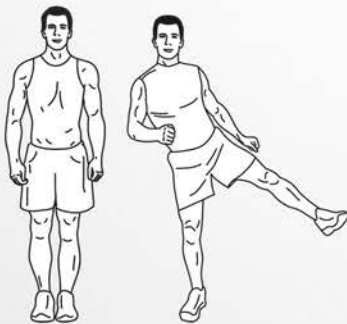
10 side-to-side lunges



10 calf-raises



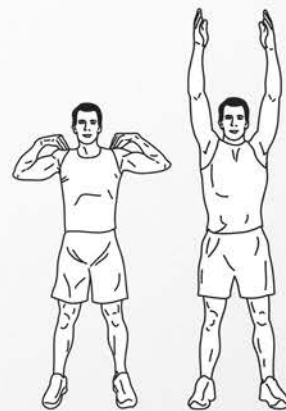
30 bicep extensions



30 side leg raises



10-count squat hold



30 shoulder taps