

HOTEL

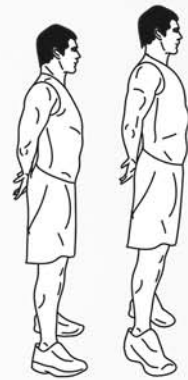
DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises

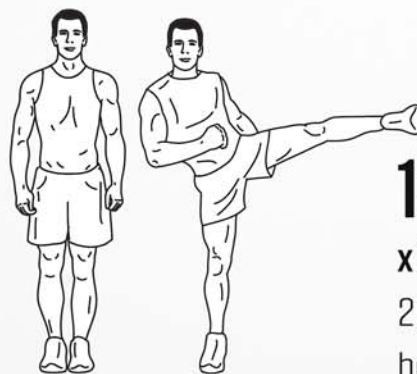
12 lunges
x **3 sets** in total
20 seconds rest
between sets



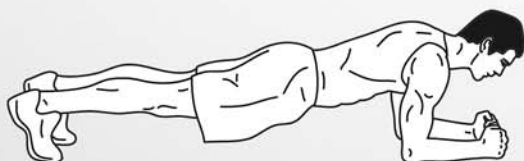
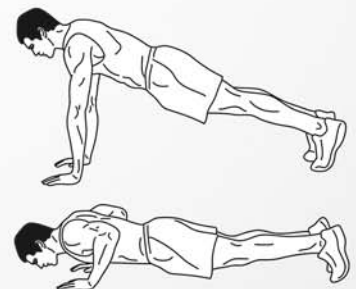
12 calf raises
x **3 sets** in total
20 seconds rest
between sets



24 side leg raises
x **3 sets** in total
20 seconds rest
between sets



12 push-ups
x **3 sets** in total
20 seconds rest
between sets



60sec elbow plank hold