

IMP

DAREBEE WORKOUT @ darebee.com

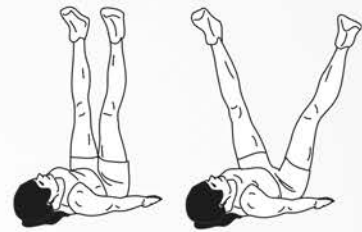
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



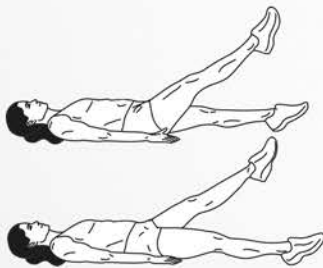
20 climbers



20 bridge taps



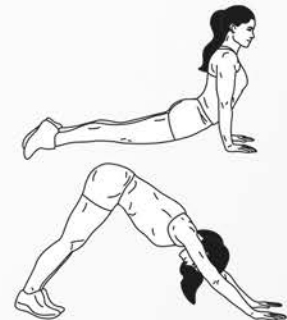
10 V-extensions



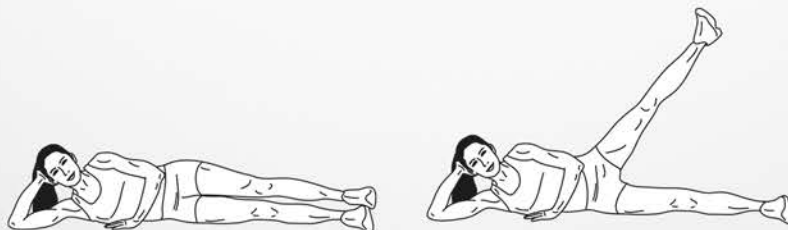
10 flutter kicks



10 reverse crunches



4 upward downward dog



20 side leg raises