



DAREBEE WORKOUT
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 high lunges



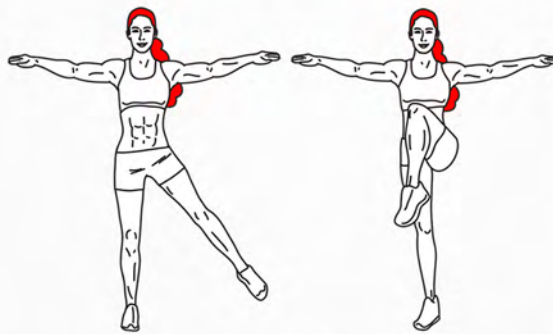
5 high squats



10 deadlift twists



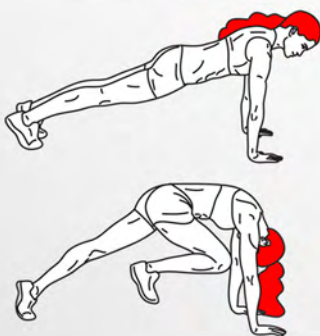
10 rotations



10 leg swing + knee up



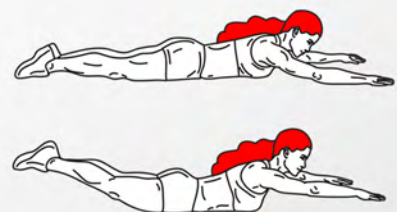
10 balance arm circles



10 plank knee-ins



5 upward dog



5 superwoman stretches