

KAIROS

DAREBEE WORKOUT @ darebee.com

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



12 lunges



12 reverse lunges



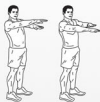
12 balance lunges



6 burpees



12 scissor chops



12 arm scissors



12 bicep extensions