

RELEASE THE KRAKEN

DAREBEE WORKOUT @ darebee.com

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



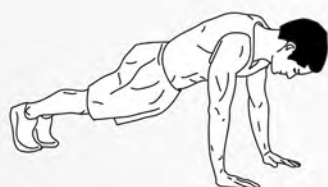
20 squats



6 dragon push-ups



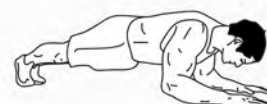
20 squats step-ups



20-count plank



20-count one arm plank



6 tricep extensions



20 lunges



6 raised leg push-ups



20 deep side lunges