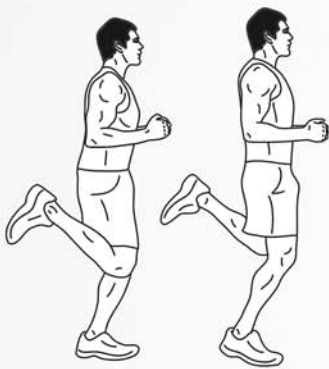


# LANDSLIDE

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

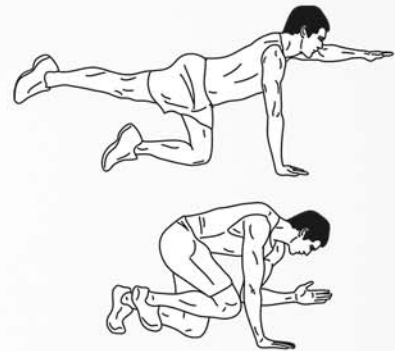
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**40** butt kicks



**10-count** squat hold



**40** knee plank  
knee-to-elbow



**10-count** stretch hold



**5** sit-ups



**10-count** hollow hold