

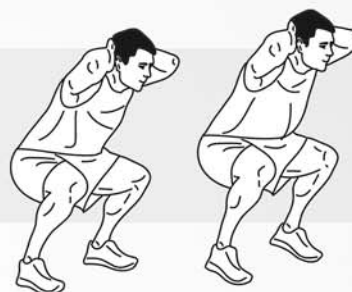
LOCK 'N LOAD

DAREBEE WORKOUT @ darebee.com

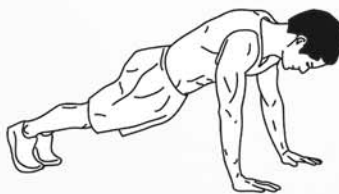
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes

LEVEL I 10 seconds LEVEL II 20 seconds LEVEL III 30 seconds each

squat hops on the spot before every exercise



squat hold



plank hold



push-up hold



single leg half squat hold
1/2 time each leg



one arm plank hold
1/2 time each arm



one arm side plank hold
1/2 time each arm