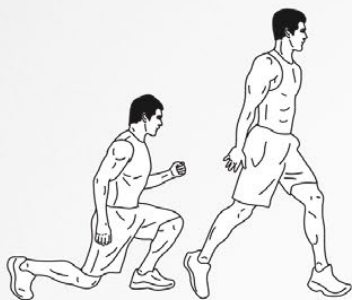


MARTIAN

DAREBEE WORKOUT @ darebee.com

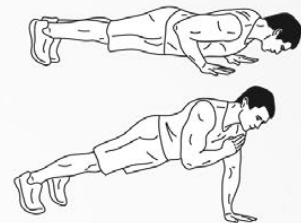
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



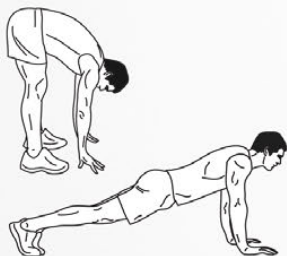
4 jumping lunges



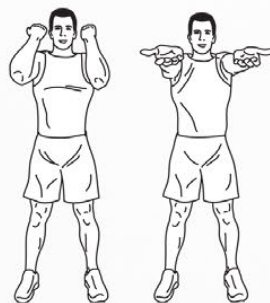
4 plank rotations



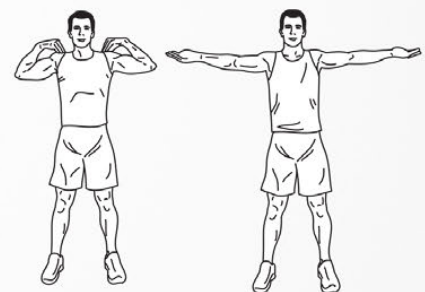
10 push-up shoulder taps



4 plank walk-outs



10 bicep extensions



10 side shoulder taps



10-count squat hold



4 side-to-side lunges



10 knee-to-elbows