

MERMAID

DAREBEE WORKOUT @ darebee.com

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



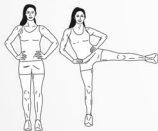
20 march steps



20 side steps



20 step back



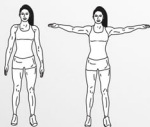
20 side leg raises



20 step jacks



20 side jacks



10 arm raises



10 arm circles



10 wall squats