

MINERVA

DAREBEE WORKOUT © darebee.com

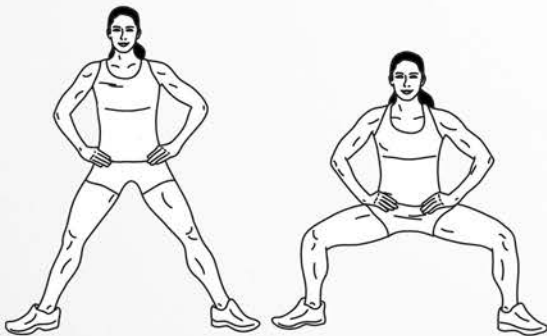
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



to fatigue chin-ups



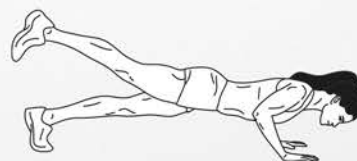
to fatigue knee-in & twists



10 wide squats



20 squat hold calf raises



to fatigue raised leg push-ups