

MODERN GIRL

DAREBEE WORKOUT © darebee.com

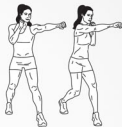
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



4 push-ups



20 punches



20 side kicks



10 squats



20 side kicks



4 sit-ups



10 sitting twists



4 sit-ups