

NEXT LEVEL

DAREBEE WORKOUT @ darebee.com

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



10 reverse lunges



10 lunge step-ups



10 forward lunges



10 plank leg raises



10 plank arm raises



10 alt arm / leg raises



10 bridges



10 single leg bridges



10 get-ups