

NYAD

DAREBEE WORKOUT @ darebee.com

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



10 split lunges



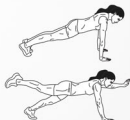
10 deep lunges



10 plank arm raises



10 plank leg raises



10 alt arm/leg raises



5 diver push-ups