

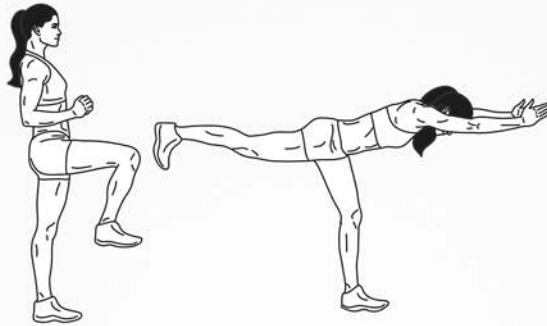
The PRINCESS

DAREBEE WORKOUT @ darebee.com

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



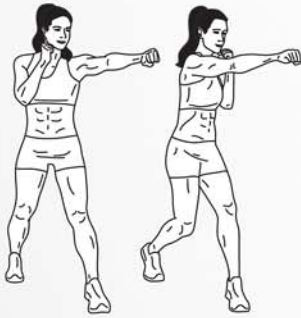
10 lunges



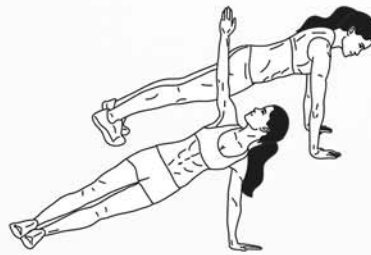
4 single leg deadlifts



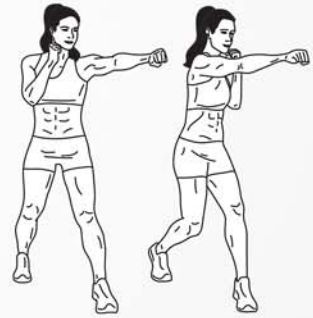
10 lunges



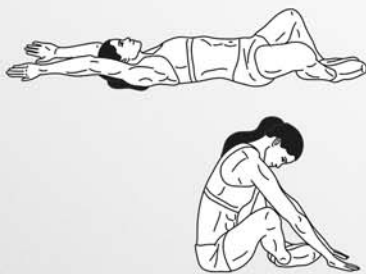
10 punches



4 plank rotations



10 punches



10 butterfly sit-ups



4 half wipers



10 clamshells