

REDEMPTION

DAREBEE WORKOUT @ darebee.com

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



20 lunges



10 calf raises



20 lunges



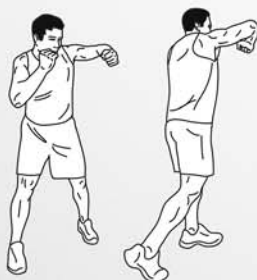
20-count plank hold



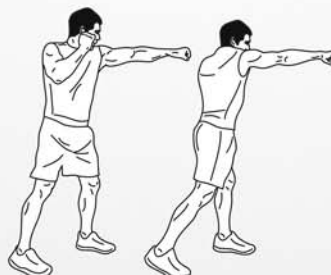
10 tricep extensions



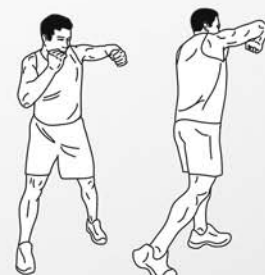
20-count plank hold



20 hooks



20 punches



20 hooks