

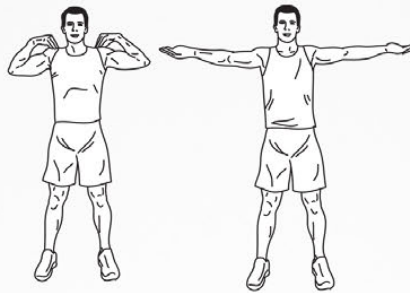
# REGULATOR

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



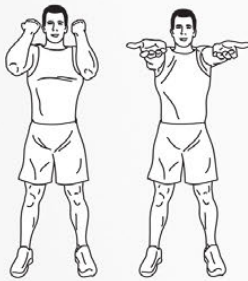
**6** reverse lunges



**10** side shoulder taps



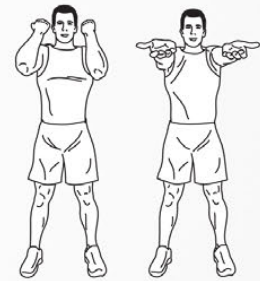
**6** reverse lunges



**10** bicep extensions



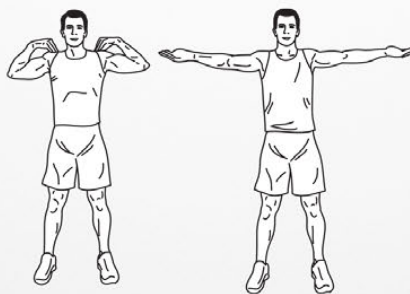
**6** reverse lunges



**10** bicep extensions



**6** reverse lunges



**10** side shoulder taps



**6** reverse lunges