

SECRET WEAPON

DAREBEE WORKOUT @ darebee.com

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



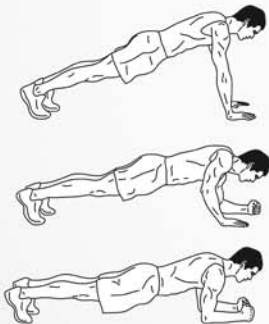
4 jump squats



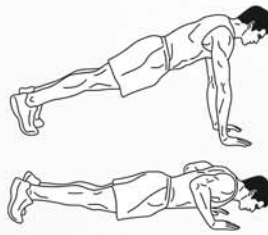
20 squats



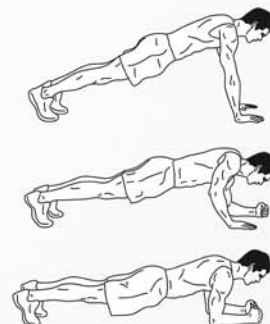
4 jump squats



4 up & down planks



10 push-ups



4 up & down planks



4 side-to-side lunges



20 lunges



4 side-to-side lunges