

SELENE

DAREBEE WORKOUT @ darebee.com

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



20 high knees



10 side skaters



20 palm strikes



20 slow climbers



20 plank leg raises



10 planks rotations



10 half wipers



10 bridges



10 elbow strike sit-ups