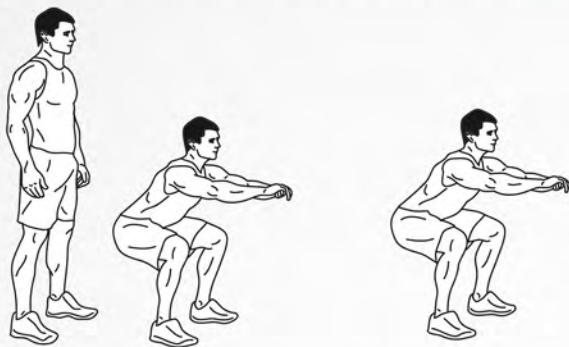


# SENTINEL

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

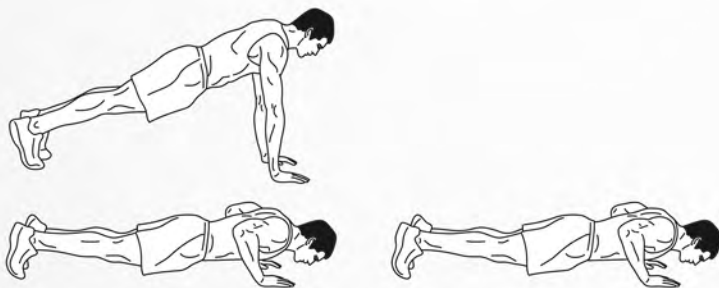
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



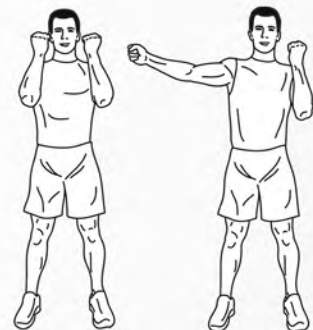
**10** squats + **10-count** hold



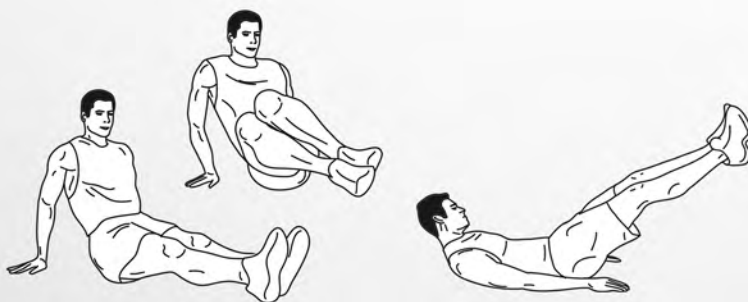
**20** lunges



**5** push-ups + **5-count** hold



**20** side-to-side backfists



**10** knee-in & twist + **10-count** hold



**20** sitting twists