

SENTRY

DAREBEE WORKOUT @ darebee.com

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



10-count calf raise hold



20 side leg raises



10-count calf raise hold



10 squat into calf raise



10-count calf raise hold



10 squat into calf raise



10-count calf raise hold