

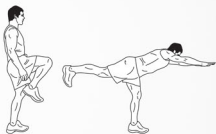
Strength & Balance

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



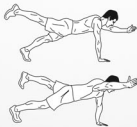
20 single leg squats



20 single leg deadlifts



20-count alt arm / leg
plank hold



20 alt arm / leg raises



20-count side star
plank hold