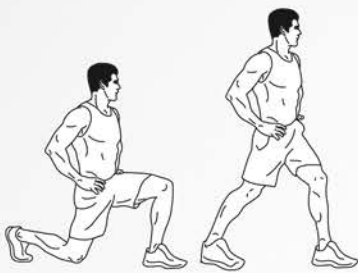


# STRENGTH +1

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

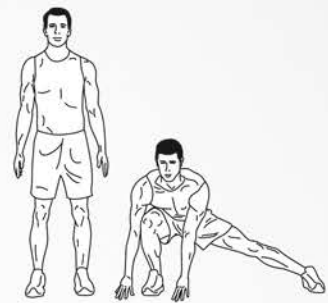
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



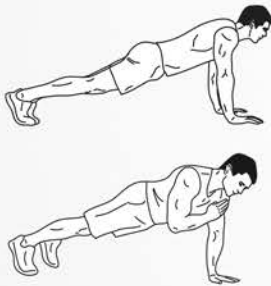
**10** split lunges



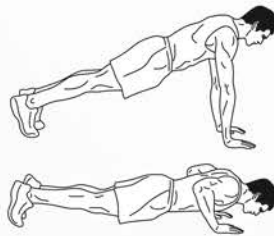
**4** lunge step-ups



**4** side lunges



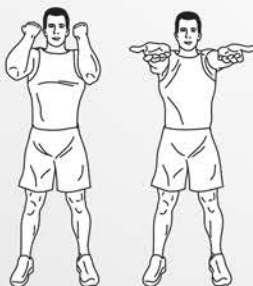
**10** shoulder taps



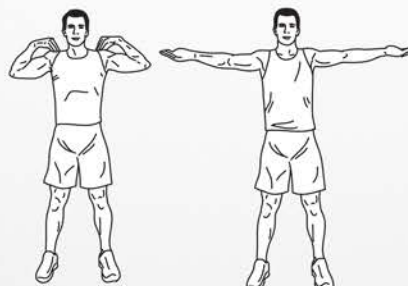
**4** push-ups



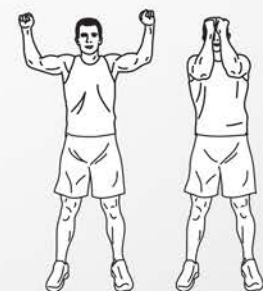
**4** plank rotations



**10** bicep extensions



**10** side shoulder taps



**10** elbow clicks