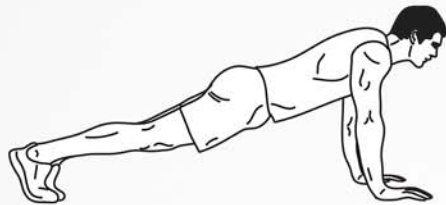


super**nova**

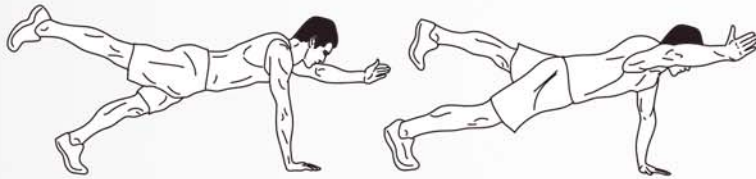
DAREBEE WORKOUT @ darebee.com

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



MOVE 1

20 second plank



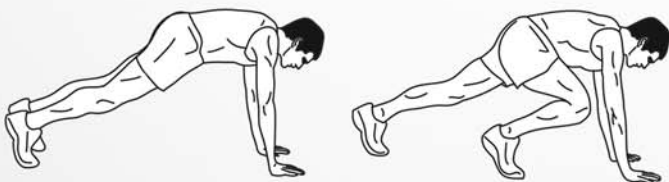
MOVE 2

10 alt arm/leg planks



MOVE 3

4 moving plank 90°



MOVE 4

20 climbers



MOVE 5

10 push-ups