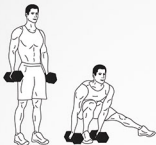


SYNDICATE+

DAREBEE WORKOUT @ darebee.com

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



10 side lunges



6 side-to-side lunges



10 reverse lunges



10 slow climbers



10 calf raises



6 push-up shoulder taps