

Total Body

DAREBEE WORKOUT @ darebee.com

30 seconds rest between sets - 2 minutes rest between exercises



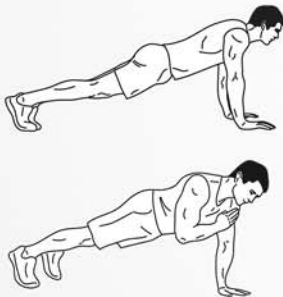
10 squats x 4 sets



10 lunges x 4 sets



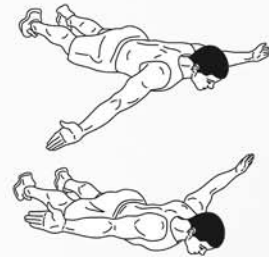
10 calf raises x 4 sets



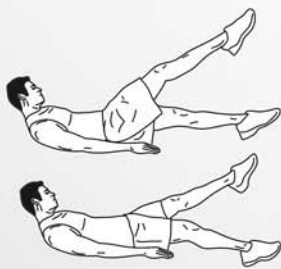
**20 shoulder taps
x 4 sets**



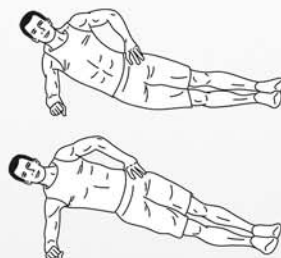
**5 push-ups
x 4 sets**



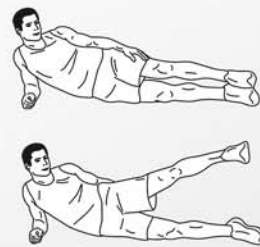
**10 prone reverse flys
x 4 sets**



**20 flutter kicks
x 4 sets**



**10 side bridges
x 4 sets**



**40 side leg raises
x 2 sets**