

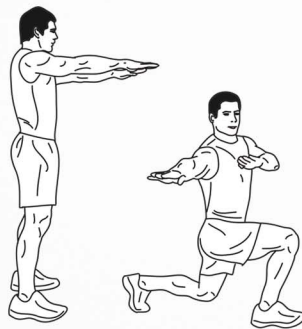
TOTAL CONTROL

DAREBEE WORKOUT @ darebee.com

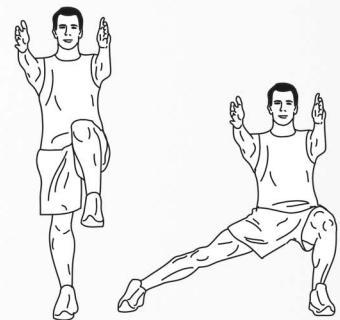
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



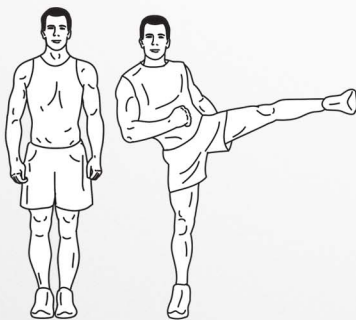
10 lunge step-ups



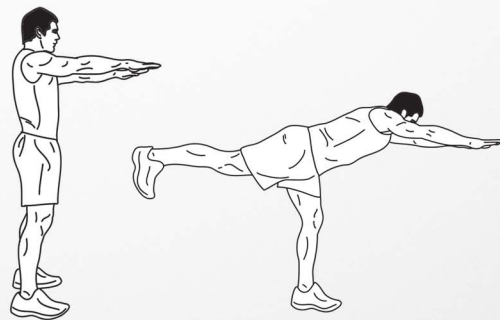
4 lunges with twist



4 balance side lunges



10 side leg raises



4 single leg deadlifts