

DON'T PANIC & CARRY A TOWEL

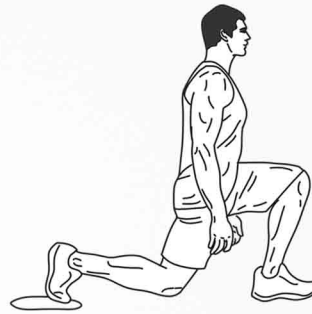
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

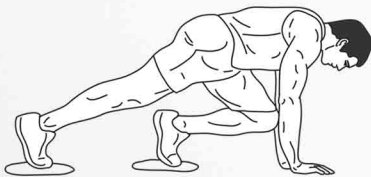
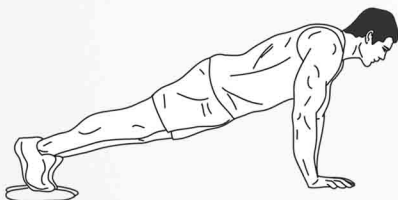
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10
reverse
lunge
slides



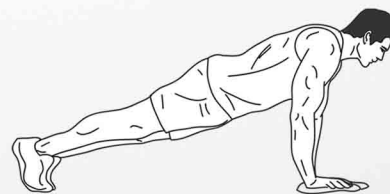
8
towel
climbers



8
back
slides



8
wide arm
slides



8
arm
slides