

Vixen

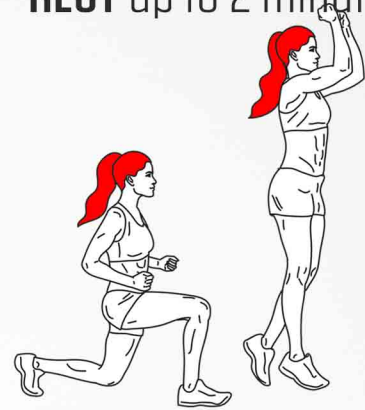
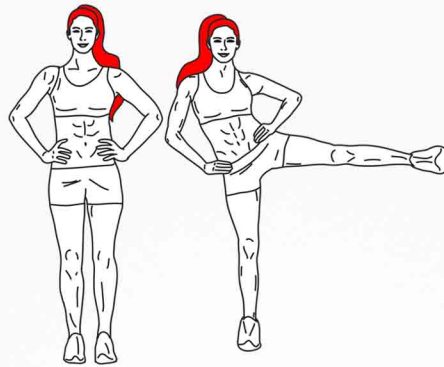
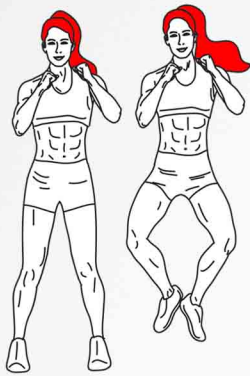
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

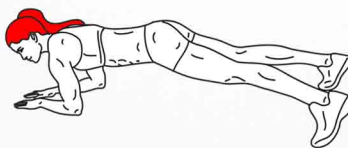
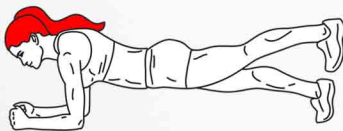
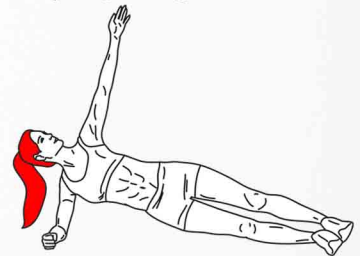
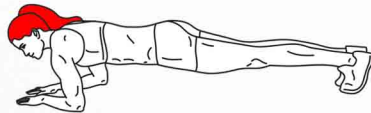
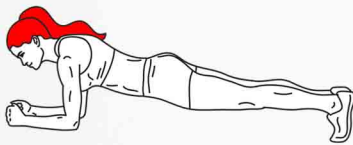
LEVEL III 7 sets

REST up to 2 minutes



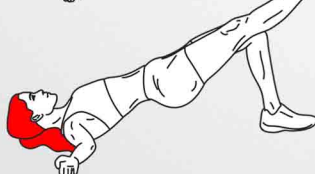
20combos hop heel click + side leg raise

10 jumping lunges



20combos plank leg raise + plank step out

10 side plank rotations



20combos one legged bridge + bridge tap

10 knee-to-elbow crunches