

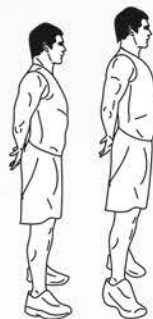
WHITE WOLF

DAREBEE WORKOUT @ darebee.com

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



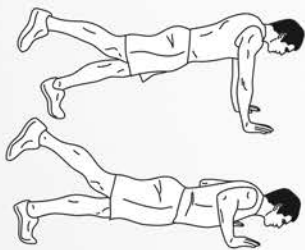
10 lunges



10 calf raises



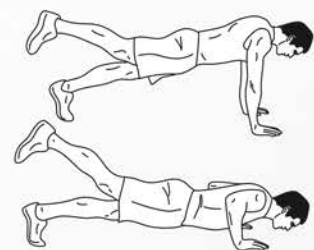
10 lunges



6 raised leg push-ups



10-count plank hold



6 raised leg push-ups



10-count plank hold