

Aphrodite

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

2 minutes rest between sets



20 lunges



10 staggered deadlifts



20 side leg raises



20 plank rotations



10 downward upward dog



20 arm circles



10 knee-to-elbow



10 leg raises



10 scissors