

APOLLO

DAREBEE WORKOUT @ darebee.com

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



10combos split squat - into - forward lunge



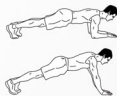
4 shrimp squats



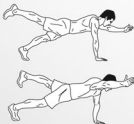
4 push-ups



4 archer push-ups



4 tricep extensions



10 alt arm/leg raises



10-count hold



10 side plank crunches