

AUGMENTED

DAREBEE WORKOUT © darebee.com

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



10 lunges



10 shrimp squats



10 cossack squats



10 push-ups



4 side crunch push-ups



10-count elbow plank



10 bridges



10 single leg bridges



10 get-ups