

AZARINTH HEALER

DAREBEE WORKOUT @ darebee.com

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



20 plank leg raises
right leg



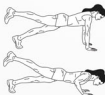
20 punches



20 plank leg raises
left leg



20 punches



max raised leg push-ups



20 punches



20 sit-up punches