

BODY {CSS}

DAREBEE WORKOUT © darebee.com

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



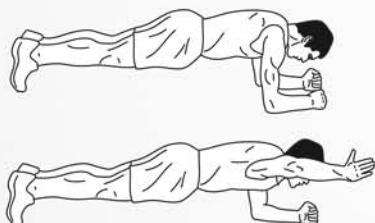
20 squats



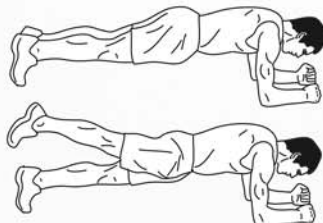
20 lunges



20 high knees



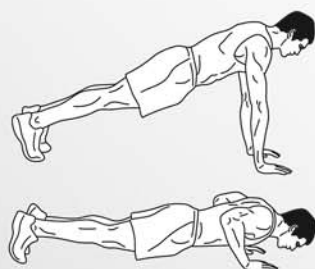
20 elbow plank arm raises



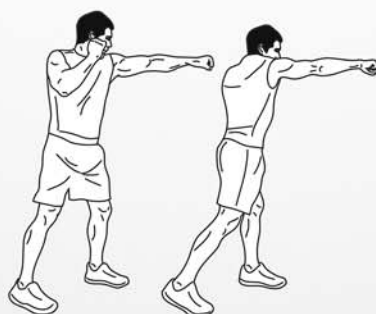
20 elbow plank leg raises



20 high knees



20 push-ups



20 punches



20 high knees