

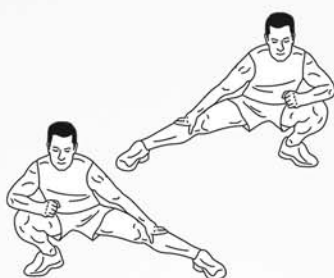
THE BOOGEYMAN

DAREBEE WORKOUT @ darebee.com

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



20 lunges



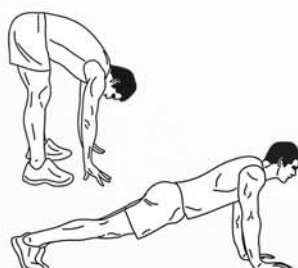
6 deep side lunges



20 calf raises



20 lunges



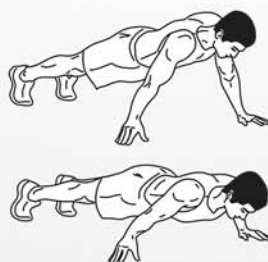
6 plank walk-outs



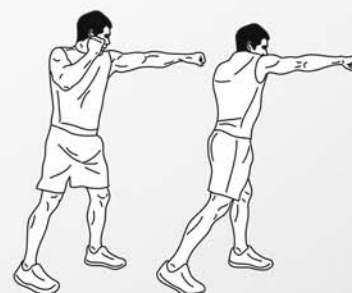
20 side plank crunches



20 lunges



6 archer push-ups



20 punches