

brat

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



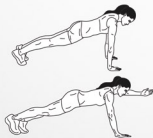
10 power squats



10 calf raises



10 reverse lunges



10 plank arm raises



10 shoulder taps