

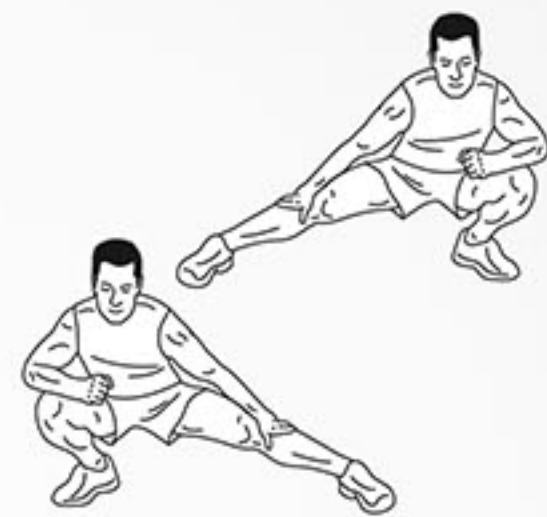
CENTURION

DAREBEE WORKOUT @ darebee.com

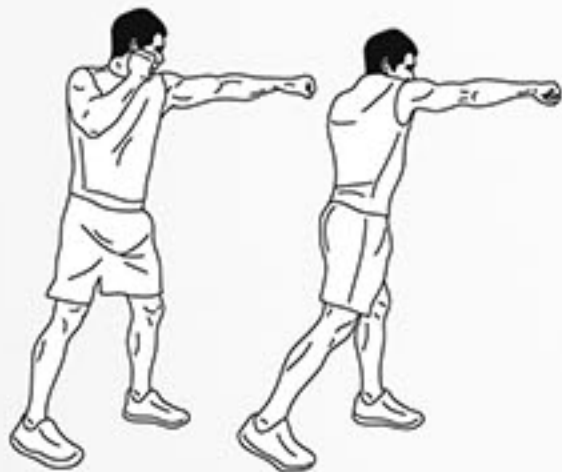
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



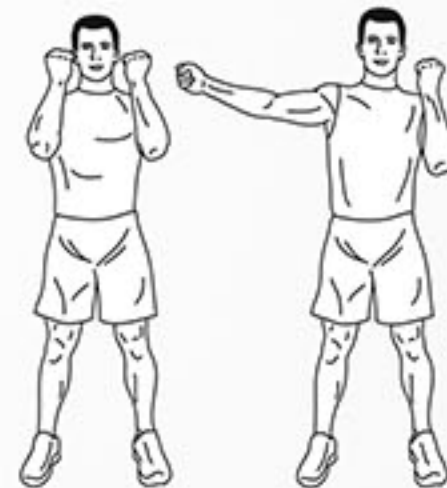
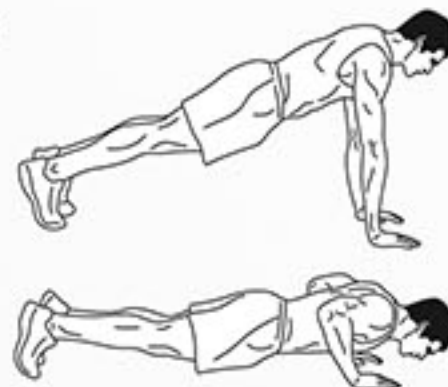
6 combos squat + calf raise



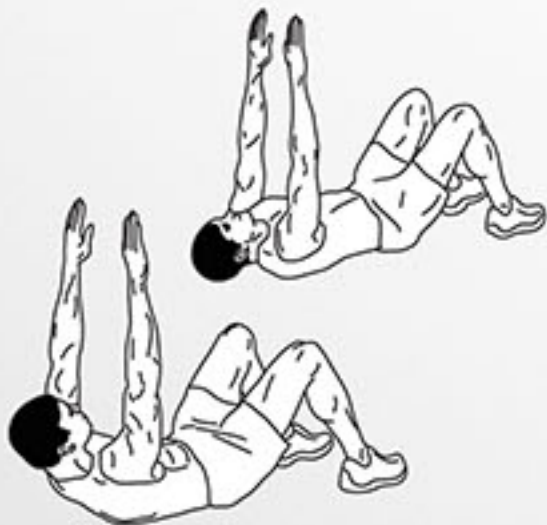
6 side-to-side lunges



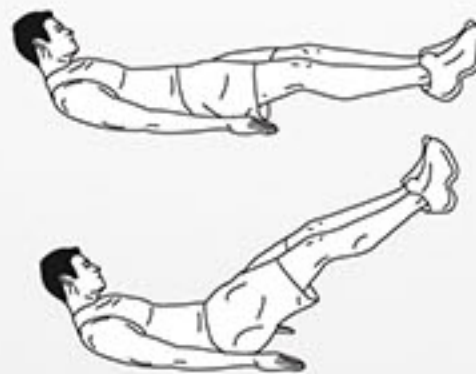
6 combos jab + cross + push-up



12 side-to-side backfists



6 high crunches



6 leg raises



12 flutter kicks