

CHIMERA

DAREBEE WORKOUT @ darebee.com

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



20 side-to-side lunges



20 combos half jack + side leg raise



10 butt kicks



10 lunge step-ups



10 jumping lunges



10 knee-to-elbow crunches



10-count raised leg hold



10 raised leg circles