

daily **DUMBBELLS**

DAREBEE WORKOUT @ darebee.com

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



24 reverse lunges



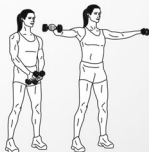
12 calf raises



12 alt bicep curls



6 chest rows



6 lateral raises