

FEMME FATALE

DAREBEE
WORKOUT

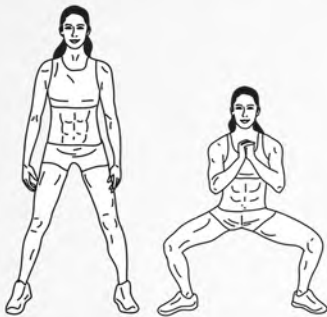
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LEVEL I 3 sets

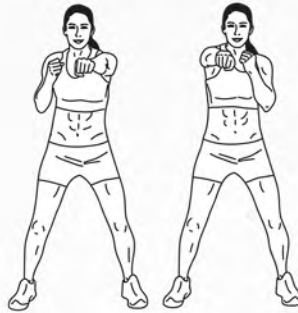
LEVEL II 5 sets

LEVEL III 7 sets

2 minutes rest



10 goblet squats



20 punches



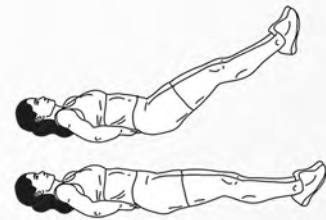
10 lunges



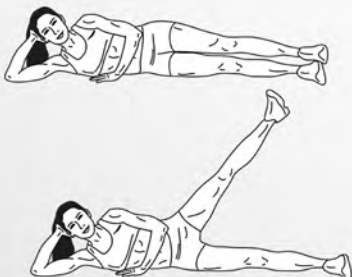
10 half wipers



10 bridges



10 leg raises



20 side leg raises



20 crunches



20 sitting twists