

THE GIRL WHO DARED

DAREBEE WORKOUT @ darebee.com

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



10 lunges



4 plank rotations



10 slow climbers



10 bridge taps



4 butterfly dips



10 raised front kicks



10 crunch kicks



4 sit-ups



10 flutter kicks