

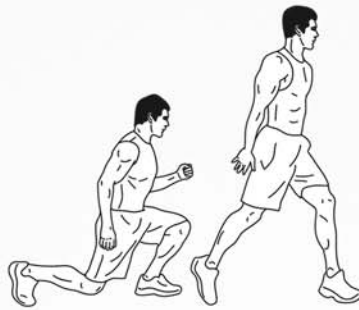
GOLEM

DAREBEE WORKOUT @ darebee.com

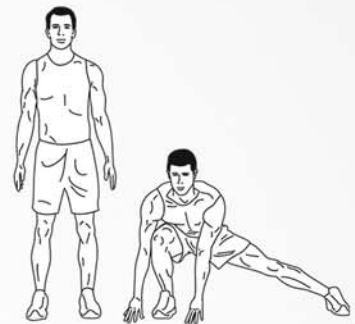
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



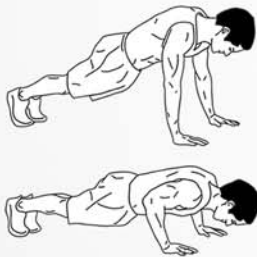
10 lunges



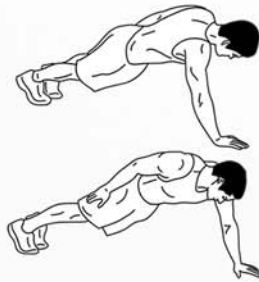
4 jumping lunges



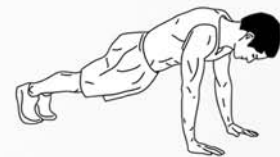
4 side lunges



4 push-ups



10 thigh taps



10-count plank



10 squats



10-count squat hold



4 jump squats