

# HEALER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**5** calf raises



**10** reverse lunges



**5** calf raises



**10** knee-to-elbows



**5** high squats



**10** knee-to-elbows



**10** arm scissors



**10** raised arm circles



**10** arm scissors