

# HERCULES+

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

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



10 side lunges



4 calf raises



10-count star hold



10 squats



4 push-up renegade rows



10-count plank hold



10 folds



4 sitting twists



10-count raised legs hold