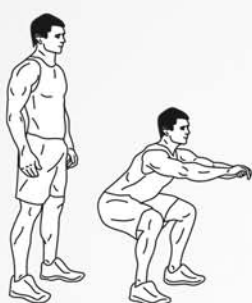


Hermit

DAREBEE WORKOUT @ darebee.com

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



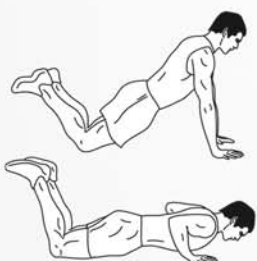
5 squats



10-count squat hold



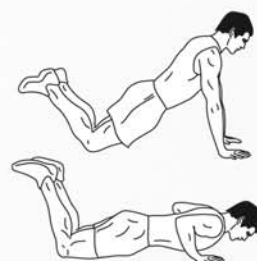
5 squats



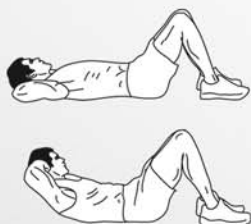
5 knee push-ups



10-count knee push-up hold



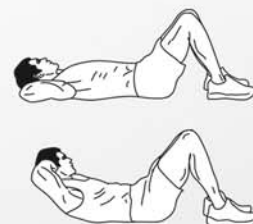
5 knee push-ups



5 crunches



10-count crunch hold



5 crunches