

HOMEMADE BACK

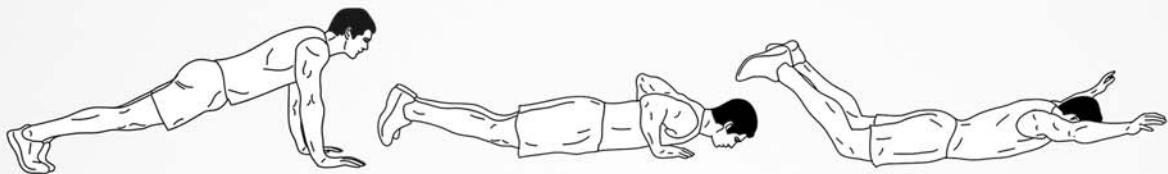
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

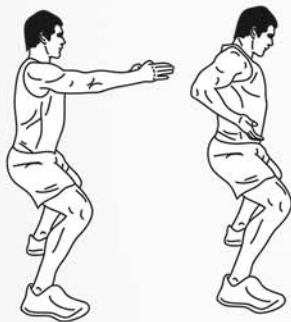
LEVEL II 5 sets

LEVEL III 7 sets

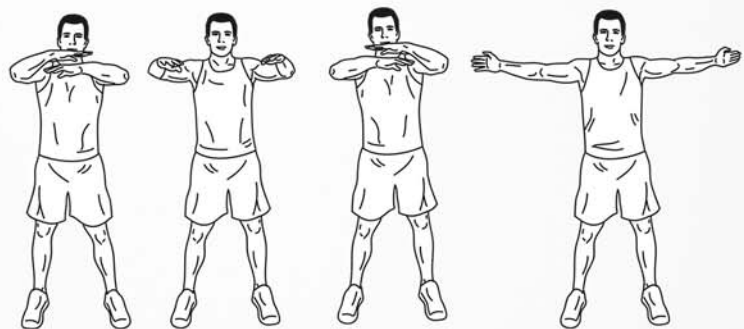
REST up to 2 minutes



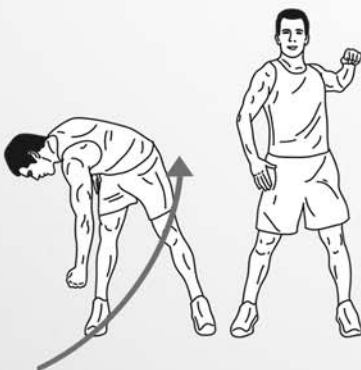
5 diver push-ups



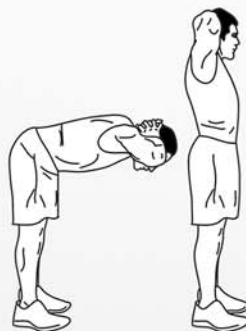
10 half squat rows



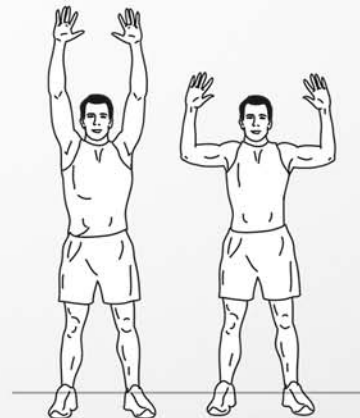
10 double chest expansions



10 lawnmowers



10 forward bends



10 wall arm slides