

keeps!

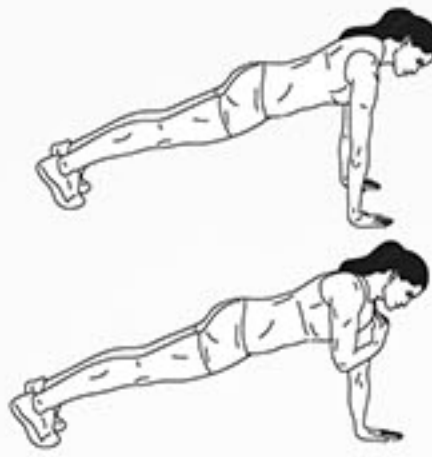
STRENGTH DAREBEE WORKOUT

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



10 lunges



20 shoulder taps



10 lunges



10-count side plank hold



10 lunges



10-count side plank hold



10 side lunges