

LIFEGUARD

DAREBEE WORKOUT © darebee.com

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



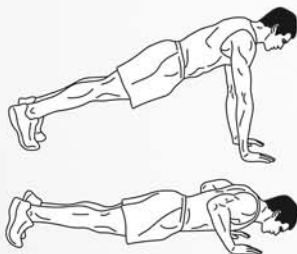
10 lunges



20 high knees



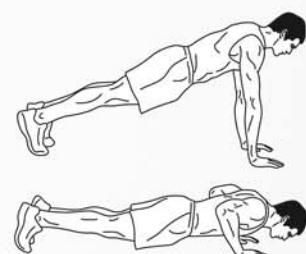
10 lunges



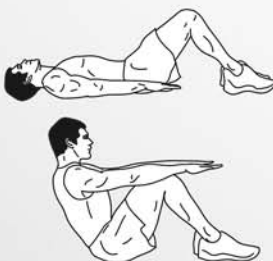
10 push-ups



20 high knees



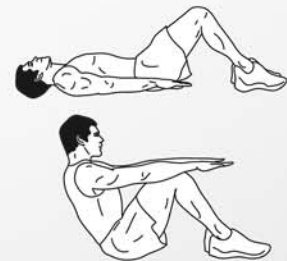
10 push-ups



10 sit-ups



20 high knees



10 sit-ups