

MAVERICK

DAREBEE WORKOUT @ darebee.com

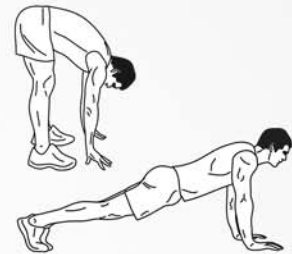
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



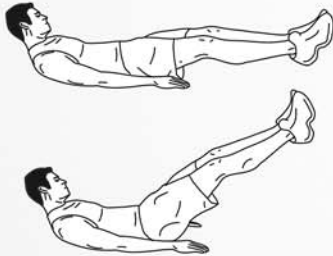
10-count squat hold



5 jump squats



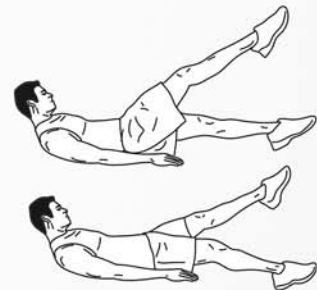
5 plank walk-outs



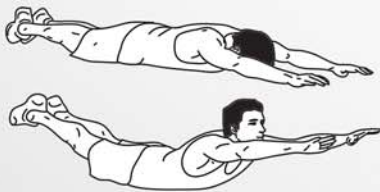
10 leg raises



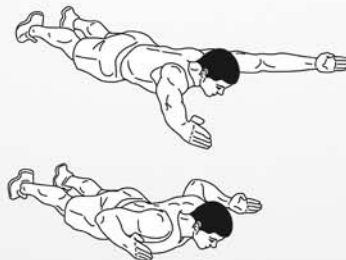
5 raised leg circles



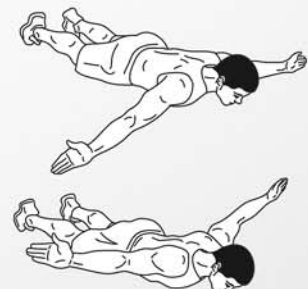
10 flutter kicks



5 superman extensions



10 W-extensions



10 prone reverse fly