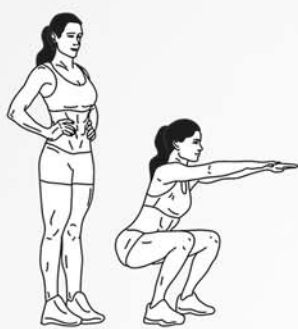


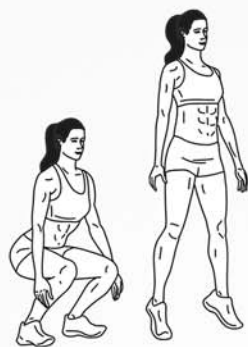
MORRIGAN

DAREBEE WORKOUT @ darebee.com

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



20 squats



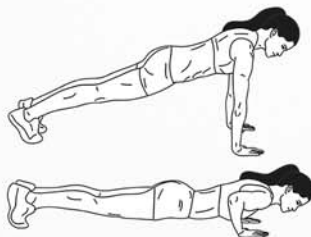
10 jump squats



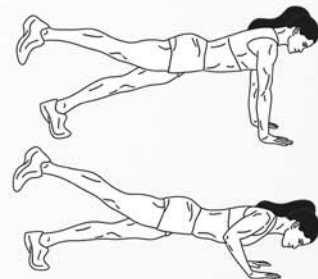
20 lunges



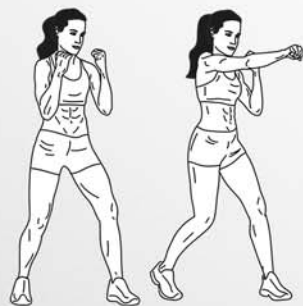
2 close grip push-ups



2 classic grip push-ups



4 raised leg push-ups



40 punches



20sec elbow plank



40sec side elbow plank