

# Mr Grinch

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



12 reverse lunges



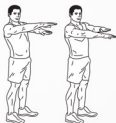
12 side leg raises



12 reverse lunges



12 scissor chops



12 arm scissors



12 bicep extensions