

NORTHMAN

DAREBEE WORKOUT @ darebee.com

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



10 lunges



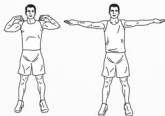
10 calf raises



10 lunges



10 bicep extensions



10 side shoulder taps



10 bicep extensions



6 cossack squats