

ONE UNBREAKABLE GIRL

DAREBEE
WORKOUT

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



20 lunge step-ups



20-count hold



20 side-to-side lunges



20 plank leg raises



20 plank rotations



20 shoulder taps



20-count superwoman stretch hold