

PERSEUS

DAREBEE WORKOUT @ darebee.com

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



10 squats



6 shrimp squats



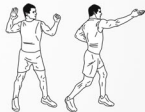
10 cossack squats



10 push-ups



6 side crunch push-ups



20 knifehand strikes



10 long arm crunches



6 leg raises



10 scissors