

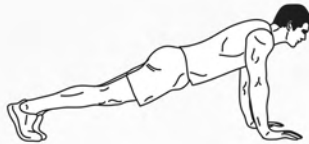
POSEIDON

DAREBEE WORKOUT @ darebee.com

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



10 jump squats



10 shoulder taps



30sec elbow plank



10 diver push-ups



10 leg raises



10 flutter kicks



10 get-ups