

POWER **MODE**

DAREBEE WORKOUT @ darebee.com

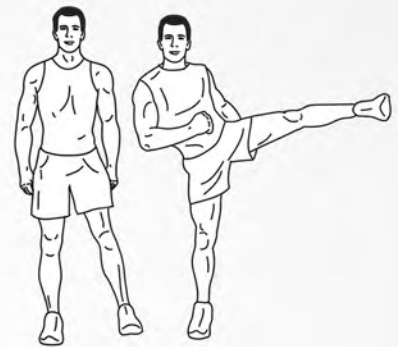
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



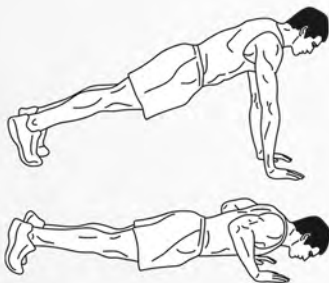
20 squats



20-count squat hold



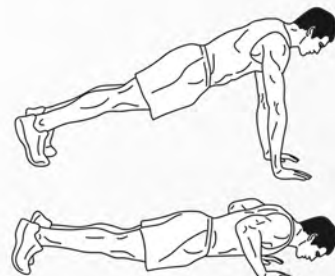
20 side leg raises



10 push-ups



10-count plank



10 push-ups



20 lunges



20-count balance hold



20 side lunges