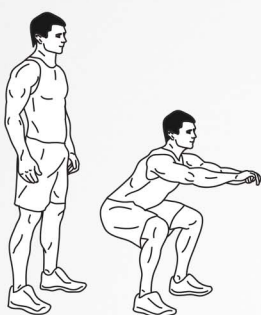


# PROTAGONIST

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

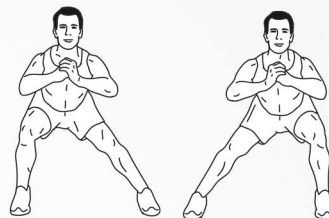
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



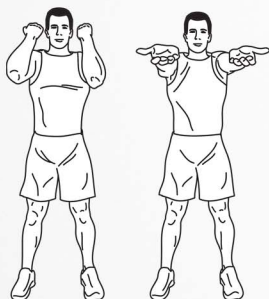
**10** squats



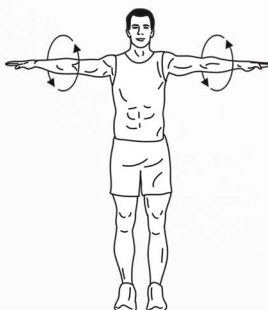
**5-count** squat hold



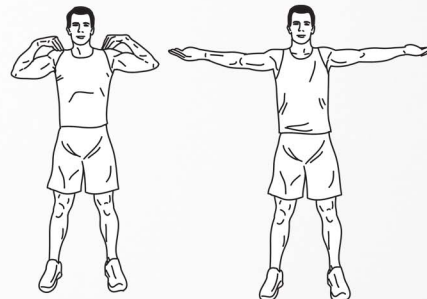
**10** side lunges



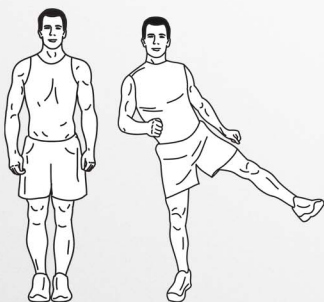
**10** bicep extensions



**10** arm circles



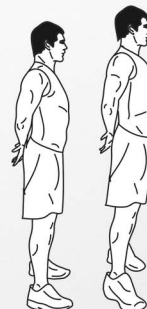
**10** side shoulder taps



**10** side leg raises



**5** hip rotations



**10** calf raises