

QUICK SILVER

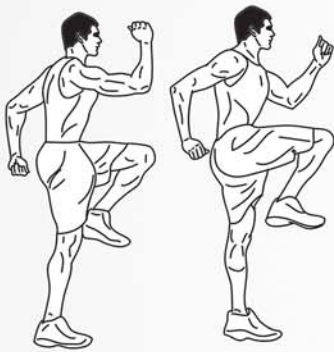
DAREBEE WORKOUT
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



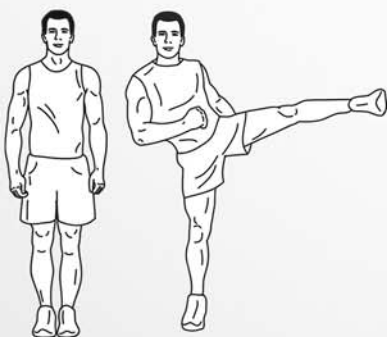
10 march steps



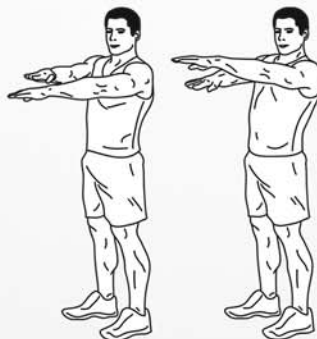
10 lunge step-ups



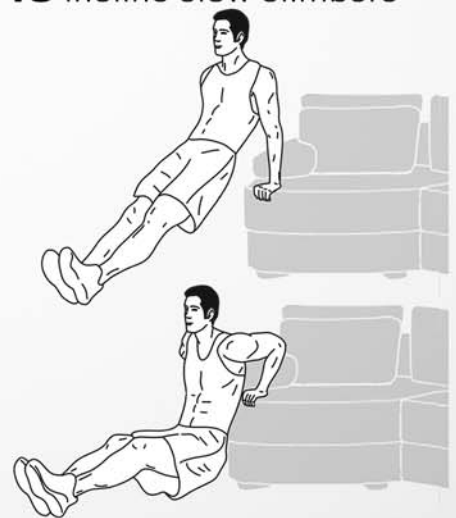
10 incline slow climbers



10 side leg raises



10 arm scissors



10 tricep dips