

SAND SNAKE

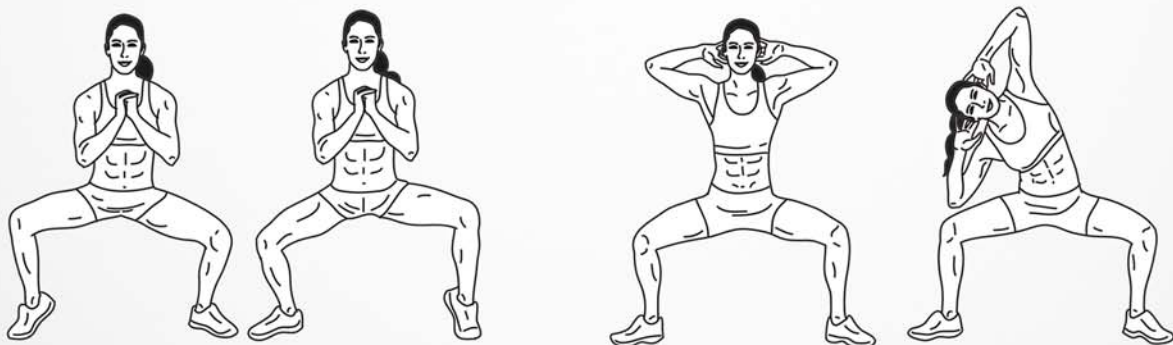
DAREBEE WORKOUT @ darebee.com

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



40 squat + side kick

40 squat hold punches



20 squat hold calf raises

20 squat hold side bends



10 up and down planks