

SENTINEL+

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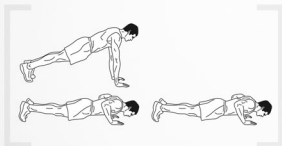
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



4combos: 10 squats + 10-count hold



20 lunges



4combos: 5 push-ups + 5-count hold



20 bicep curls



4combos: 10 knee-in & twist + 10-count hold



20 sitting twists