

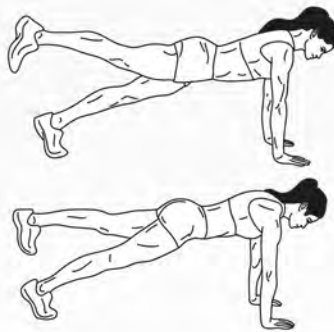
SHADOW

DAREBEE WORKOUT @ darebee.com

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



20 butt kicks



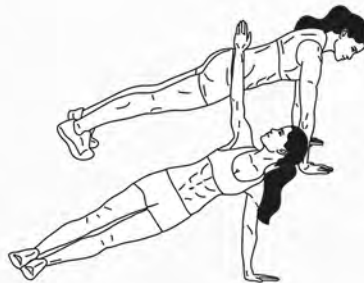
4 plank leg raises



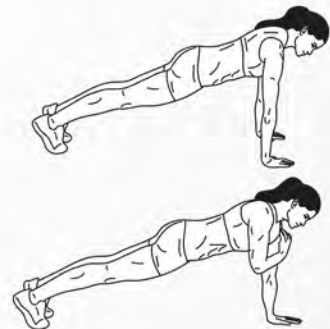
4 slow climbers



20 butt kicks



4 plank rotations



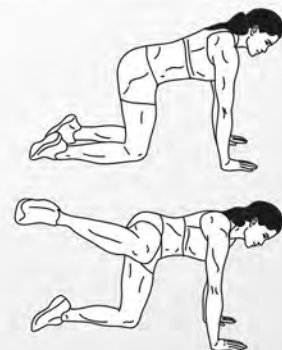
4 shoulder taps



20 butt kicks



4 leg extensions



4 side leg extensions