

SITTING PRETTY

DAREBEE WORKOUT @ darebee.com

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



10-count
wide squat hold



20 squat hold punches



10-count
wide squat hold



20 squat hold calf raises



10-count
wide squat hold



20 squat hold side bends