

# SLOTH

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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

Note: go as slow as possible



6 downward upward dog



20 back kicks



20 side leg raises



6 butterfly dips



20 bridge taps



20 half wipers