

SPARTAN+

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 squats



3 jump knee tucks



10 lunges with curls



10 push-ups



10 renegade rows



10-count plank



10 sit-ups



3 leg raises



10 reverse crunches