

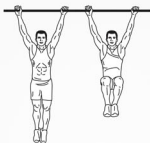
STUNTMAN

DAREBEE WORKOUT @ darebee.com

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



max pull-ups



max knee-ins



max leg raises



12 side lunges



12 calf raises



12 lunges



12 up & down planks