

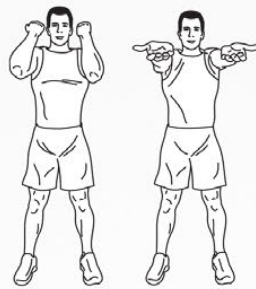
SUPER DAD

DAREBEE WORKOUT @ darebee.com

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



4 squats



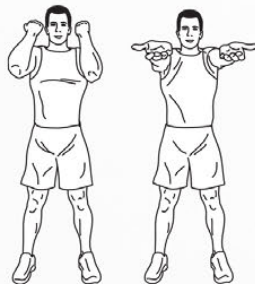
10 bicep extensions



10 arm circles



4 squats



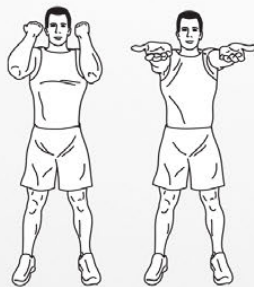
10 bicep extensions



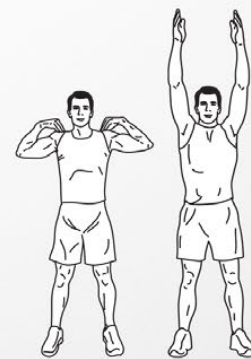
10 calf raises



4 squats



10 bicep extensions



10 shoulder taps