

TITANIA

DAREBEE WORKOUT © darebee.com

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



10 jumping lunges



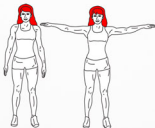
20 side kicks



5+ push-ups



20 punches



20 arm raises



20 arm circles



10 punch sit-ups



10 air bike crunches



10 leg circles