

TOUGH AS NAILS

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 lunges



4 raised leg push-ups



10-count raised leg plank



10 lunge step-ups



4 raised leg push-ups



10-count raised leg push-up plank



10 side lunges



4 raised leg push-ups



10 up and down planks