

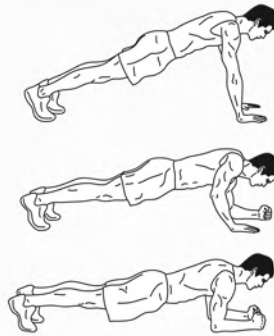
WAR GAMES

DAREBEE WORKOUT @ darebee.com

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



20 lunges



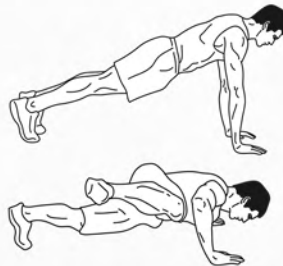
6 up & down planks



20 lunges



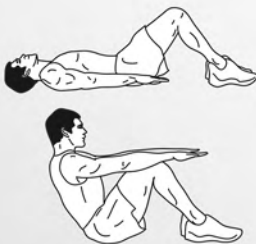
20-count plank hold



6 side crunch push-ups



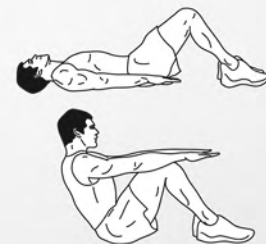
20-count plank hold



20 sit-ups



6 raised legs circles



20 sit-ups