

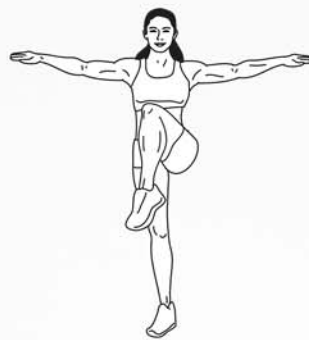
THE WASP

DAREBEE WORKOUT @ darebee.com

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



6 lunge step-ups



10-count balance hold (left)



6 lunge step-ups



10-count side plank hold
left side



6 plank rotations



10-count side plank hold
right side



6 lunge step-ups



10-count balance hold (right)



6 lunge step-ups