

# WATCH YOUR SIX

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**20** side leg raises



**10** squats



**10** lunges



**10** plank leg raises



**20** leg extensions



**10** slow climbers