

# WATCHMAN

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

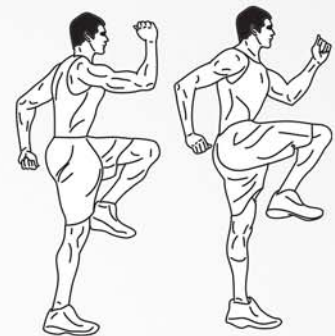
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20sec** wall-sit



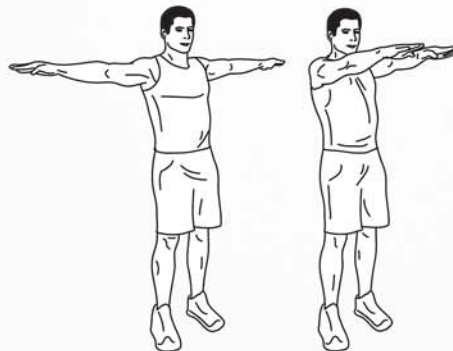
**20** lunges



**40** march steps



**20sec** wall-sit



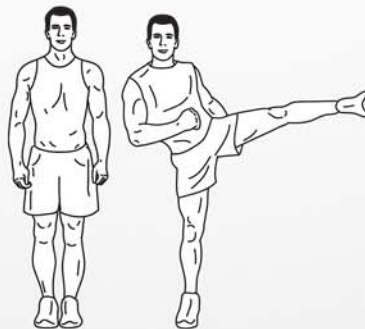
**40** arm extensions



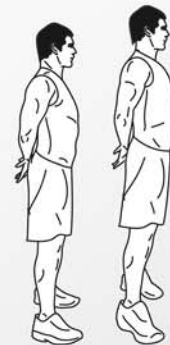
**20sec** raised arms hold



**20sec** wall-sit



**40** side leg raises



**20** calf raises