

# WING LEADER

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-count** hold



**20** squat hold punches



**20-count** hold



**20-count** plank hold



**20** shoulder taps



**20-count** plank hold



**20-count** stretch hold