

winter ARC

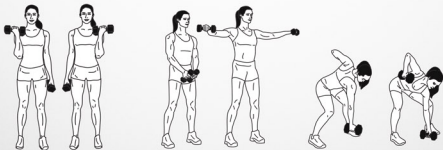
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



12 split lunges

12 side lunges



12 alt bicep curls

6 lateral raises

12 bent over rows