

WINX

DAREBEE WORKOUT @ darebee.com

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



12 climbers



12 climber taps



12 plank rotations



24 alt arm / leg raises



24 leg swings



24 side leg extensions



12 glute flex



12 clamshells



12 half wipers