



LARACROFT

DAREBEE WORKOUT @ darebee.com

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



20 lunges



20 side leg raises



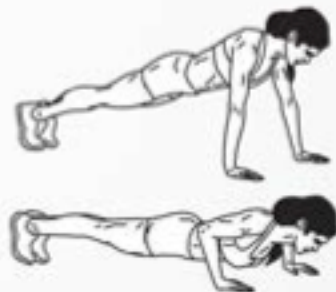
20 squats



20 climbers



20 punches



10 push-ups