

# Griffin

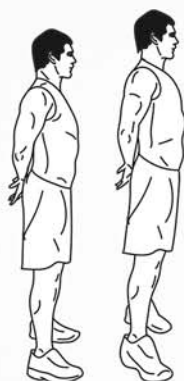
DAREBEE WORKOUT

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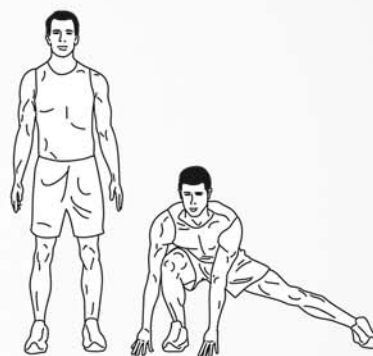
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



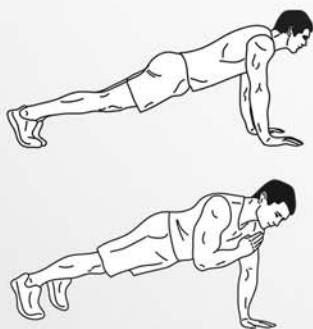
14 lunges



14 calf raises



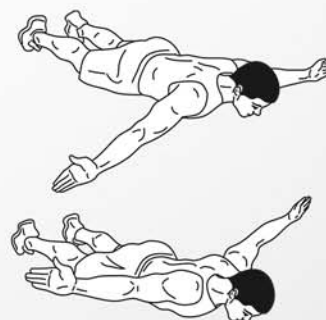
14 side lunges



14 shoulder taps



14 plank rotations



14 prone reverse flyes