

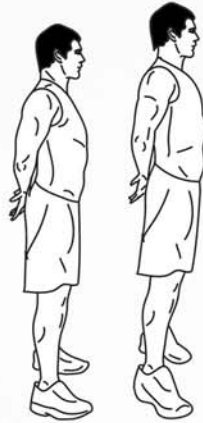
MAXIMUS

DAREBEE WORKOUT @ darebee.com

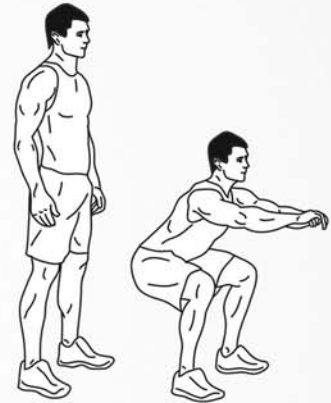
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



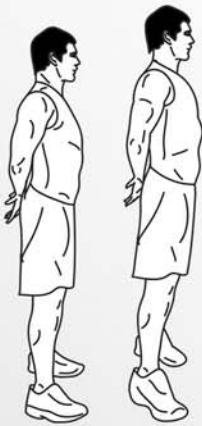
10 squats



5 calf raises



10 squats



5 calf raises



10 lunges



5 calf raises