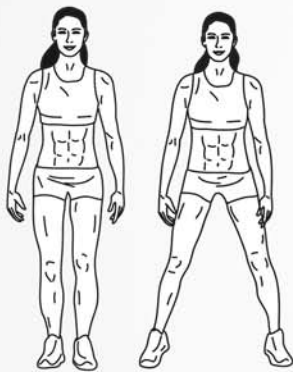


no regrets

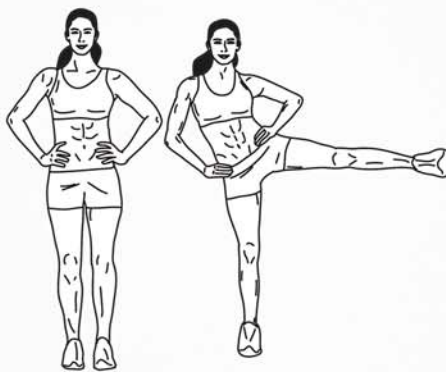
WORKOUT

BY DAREBEE @ darebee.com

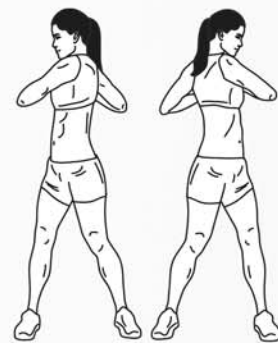
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 half jacks



20 side leg raises



10 torso twists



10 goblet squats



20 squat hold punches