

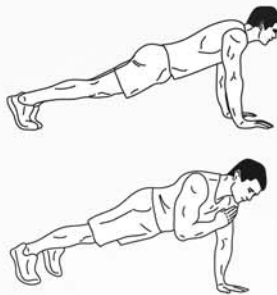
NO CAPES

DAREBEE WORKOUT @ darebee.com

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



10 squats



20 shoulder taps



10 squats



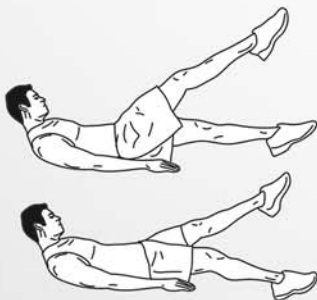
10-count plank



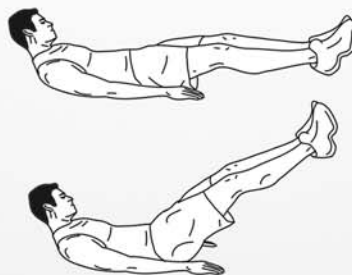
10-count raised leg plank



10-count raised leg plank



10 flutter kicks



10 leg raises



10-count raised legs hold