

I ♥ SQUATS

DAREBEE WORKOUT © darebee.com

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



4 squat step back



4 goblet squats



4 squat front kick



4 goblet squats



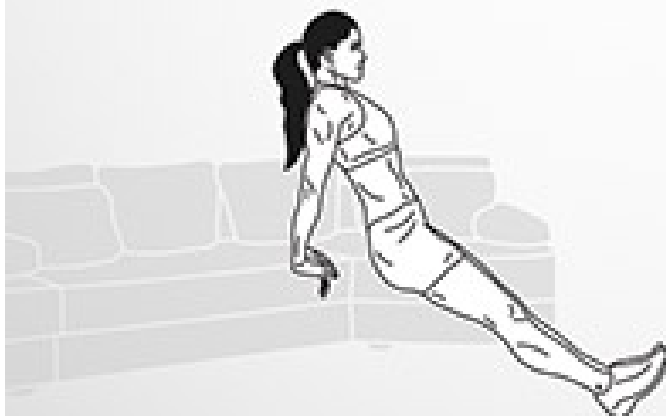
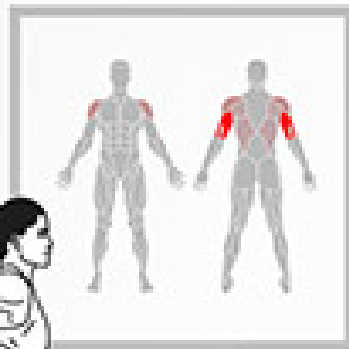
4 squat hold calf raises



4 goblet squats

arm lift

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5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

done