

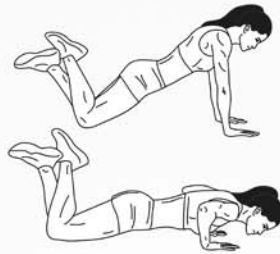
Lioness

DAREBEE WORKOUT @ darebee.com

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



10 high knees



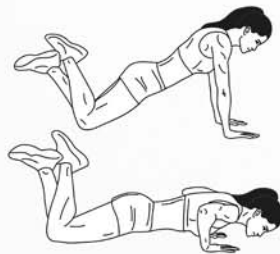
5 knee push-ups



10 climbers



10 high knees



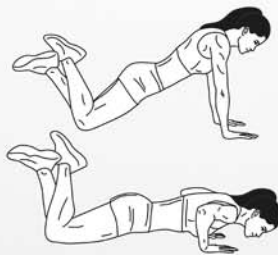
5 knee push-ups



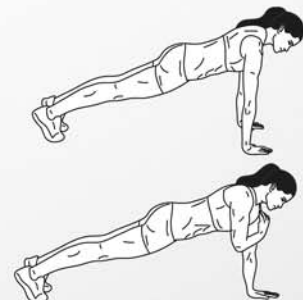
10 plank rotations



10 high knees



5 knee push-ups



10 shoulder taps