

DRUID

DAREBEE WORKOUT @ darebee.com

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



6 calf raises



10 high squats



6 split lunges



6 downward upward dogs



10 bridge taps



6 toe taps



6 leg raises



10 clamshells



6 side leg raises