

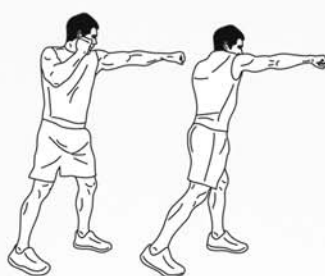
SAGE

DAREBEE WORKOUT @ darebee.com

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



5 squats



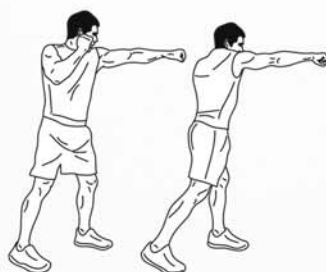
20 punches



10 single hip rotations



5 squats



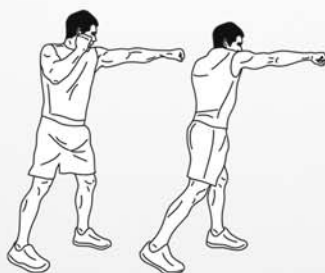
20 punches



5 calf raises



5 squats



20 punches



10-count squat hold