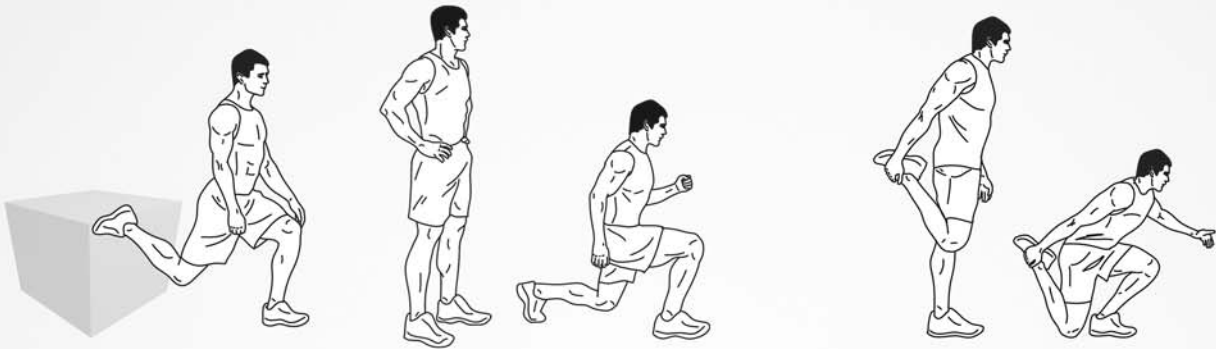


APOLLO

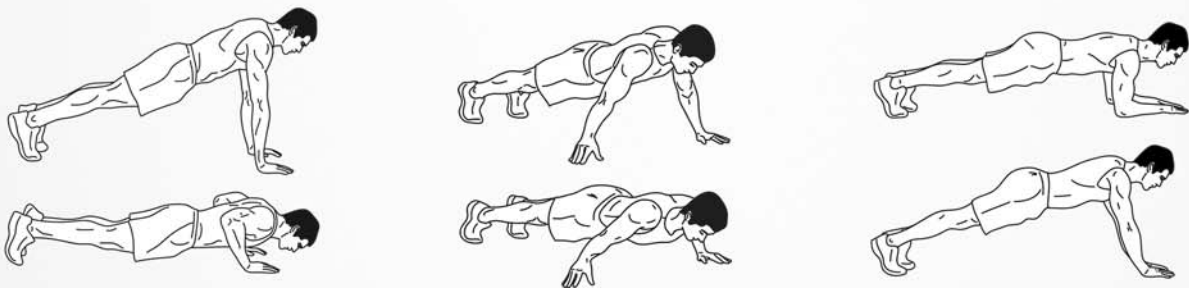
DAREBEE WORKOUT @ darebee.com

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



10 combos split squat - into -forward lunge

6 shrimp squats



10 push-ups

6 archer push-ups

4 tricep extensions



10 alt arm/leg raises

10sec plank hold

10 side plank knee-to-elbow