

SUPER SQUAT

DAREBEE WORKOUT

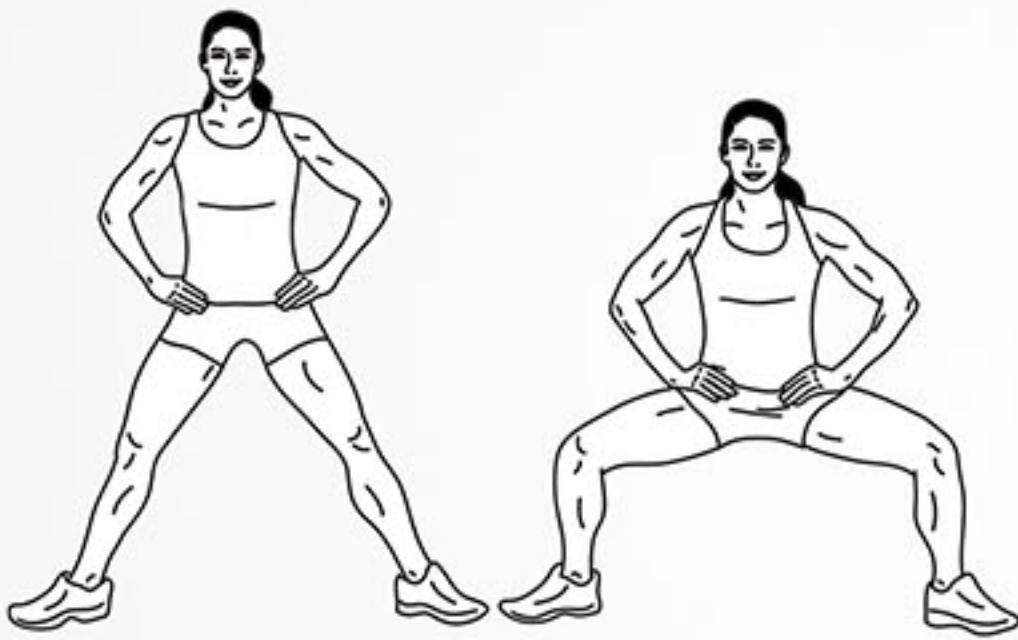
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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 wide squats



10 jump squats



20sec wide squat hold



20 wide squat hold calf raises