

Triathlete

DAREBEE WORKOUT @ darebee.com

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



30 reverse angels



30 swim



10-count superman hold



30 climbers



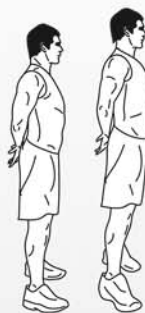
30 cycling crunches



10-count hollow hold



30 high knees



30 calf raises



10-count calf raise hold