

Quicksilver

DAREBEE WORKOUT @ darebee.com

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



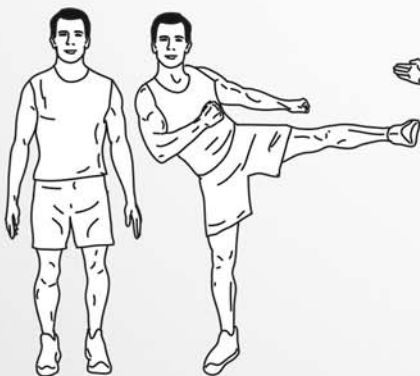
20 march steps



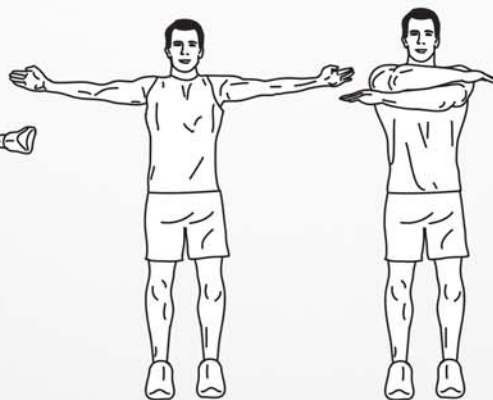
20 lunge step-ups



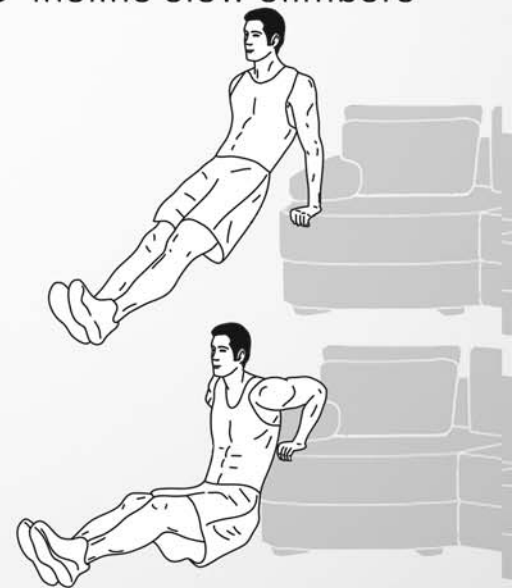
20 incline slow climbers



10 side leg raises



10 raised arm scissors



10 tricep dips