

# 1% BETTER TODAY

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

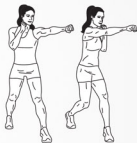
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 reverse lunges



20 high knees



20 punches



20 shoulder taps



20-count side plank hold