

# **ACTION** **HERO**

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



**10-count** plank



**10** plank leg raises



**4** jump squats



**10-count** plank



**4** push-ups



**40** punches



**10-count** plank



**10** plank rotations



**4** jump squats