

# AQUARIUS

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

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



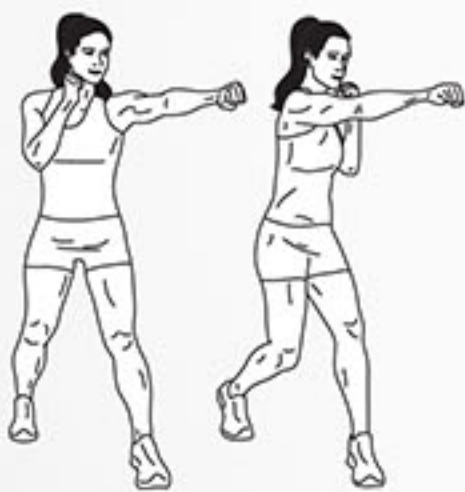
**10** high knees



**10** lunge punches



**10** squat front kicks



**10** punches



**10** calf raises



**10** squat side kicks



**10** knee-to-elbows