

BODY+ PATCH

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



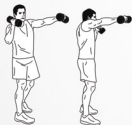
10 squats



10 slow climbers



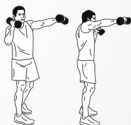
10 lunges



20 punches



10 push-up + renegade row



20 punches



10-count plank



10-count raised leg plank



10-count side plank