

BURB

DAREBEE WORKOUT @ darebee.com

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



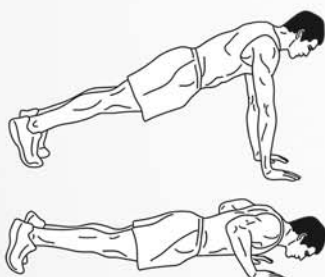
20 fast squats



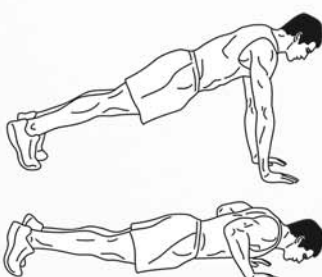
20-count squat



20-count squat hold



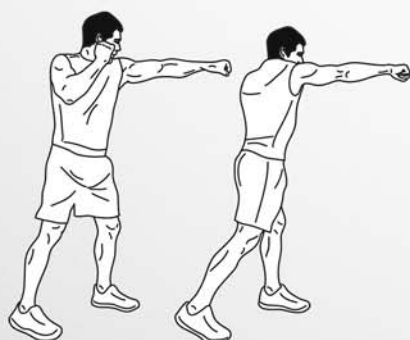
20 fast push-ups



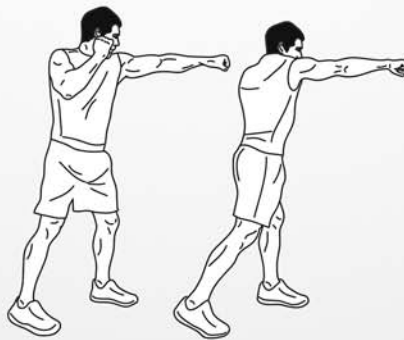
20-count push-up



20-count plank hold



20 fast jab + cross



20-count jab + cross



20-count raised arms hold