

Busy Bee

DAREBEE WORKOUT @ darebee.com

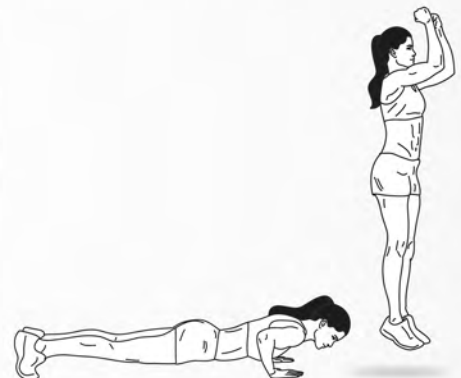
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



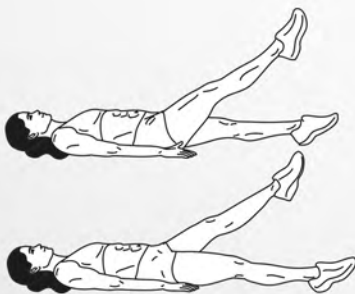
20 high knees



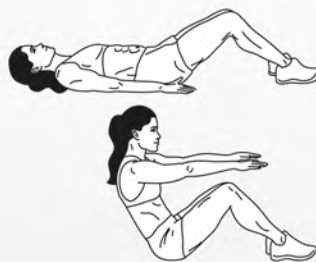
10 lunge step-ups



5 burpees



20 flutter kicks



10 sit-ups



5 crunch kicks