

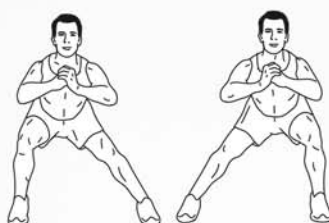
# CHOSEN ONE

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

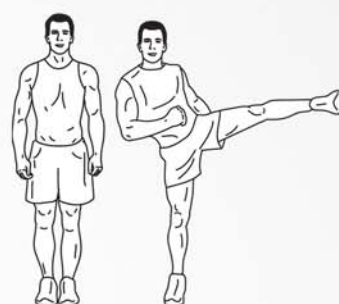
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



8 reverse lunges



4 side-to-side lunges



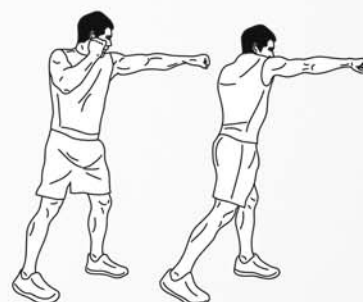
20 side leg raises



8 reverse lunges



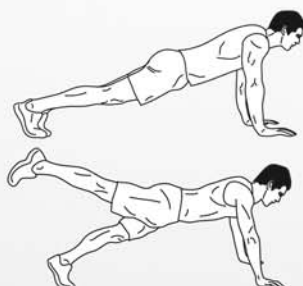
4 calf raises



20 punches



8 reverse lunges



4 plank leg raises



8 plank rotations