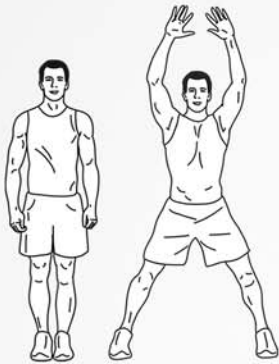


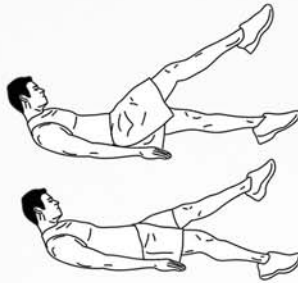
# DASH

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

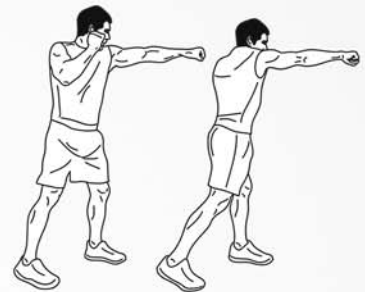
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



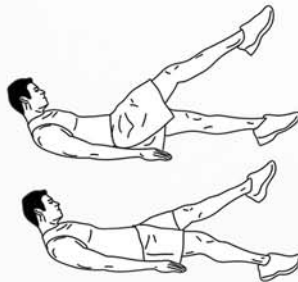
10 flutter kicks



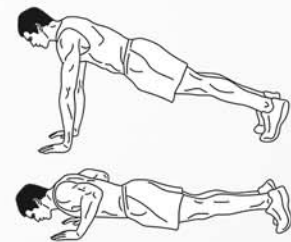
20 punches



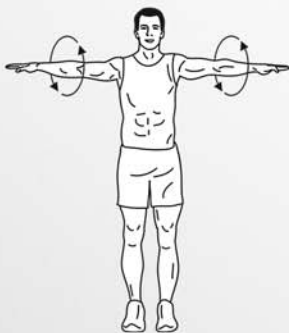
10 squats



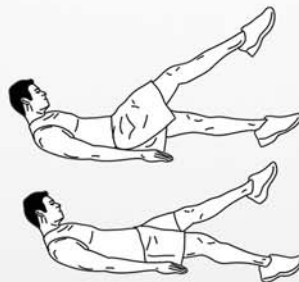
10 flutter kicks



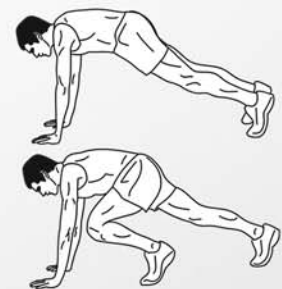
5 push-ups



20 raised arm circles



10 flutter kicks



20 climbers