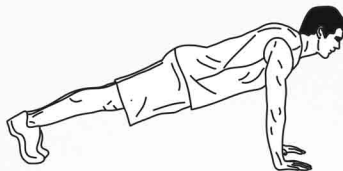
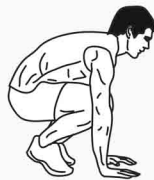


# DAUNTLESS

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



**10** burpees



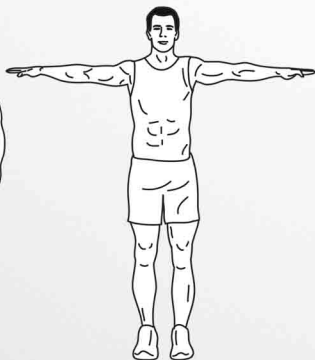
**10** squat + front kicks



**10** elbow strikes



**5** jump knee tucks



**10** arm raises



**10** high knees



**10** lunge step-ups