

# DRAG & DROP

DAREBEE WORKOUT  
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

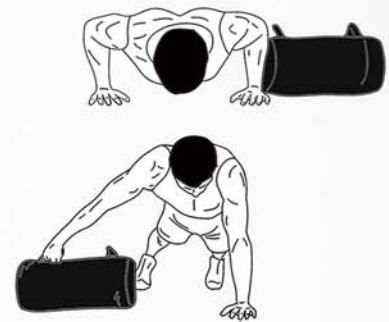
REST up to 2 minutes



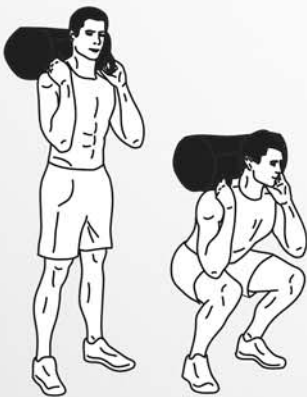
**20** rows



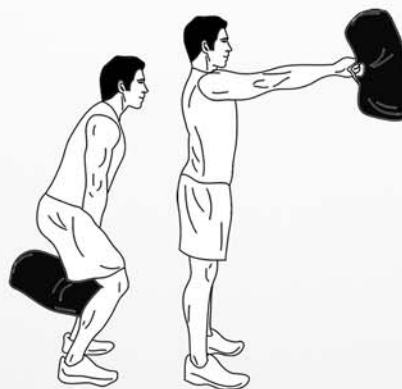
**20** lunges



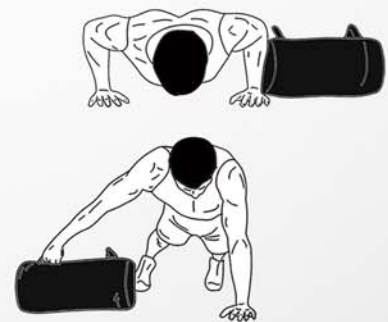
**5** push-up & drag



**20** squats



**20** throws



**5** push-up & drag