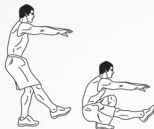


# EXPERT LEVEL

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

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



16 pistol squats



16 calf raises



4 cross body push-ups



4 cross tricep extensions



4 archer push-ups



16 V-ups