

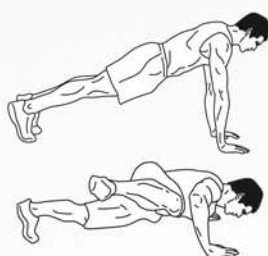
Hard Mode

DAREBEE WORKOUT © darebee.com

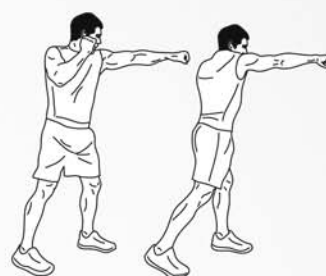
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



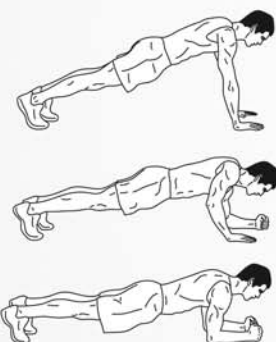
10 shrimp squats



20 side crunch push-ups



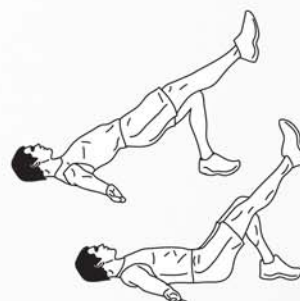
40 punches



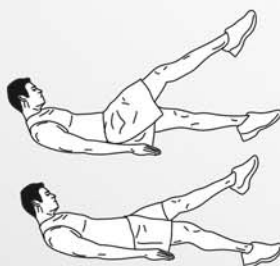
5 up & down planks



20 side plank rotations



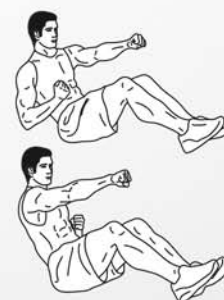
20 single leg bridges



20 flutter kicks



10 knee ins & twists



20 sitting punches