

# INCUBATOR

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-count squat hold



10 squats



10 jump squats



10-count plank hold



10 plank rotations



10 jumping lunges



10-count bridge hold



10 bridges



10 flutter kicks