

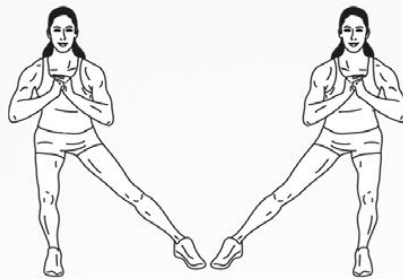
# KEEPER

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

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



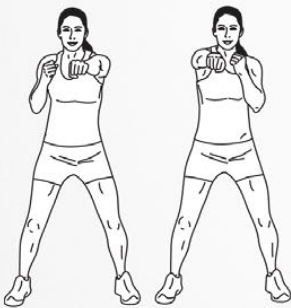
4 lunge step-ups



4 side-to-side lunges



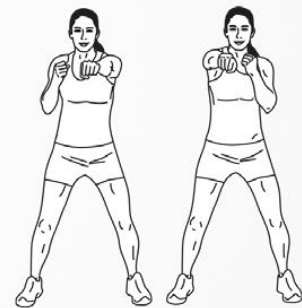
4 lunge step-ups



20 punches



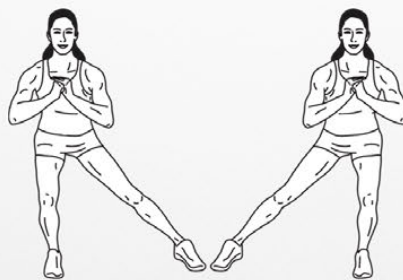
4 lunge step-ups



20 punches



4 lunge step-ups



4 side-to-side lunges



4 lunge step-ups