

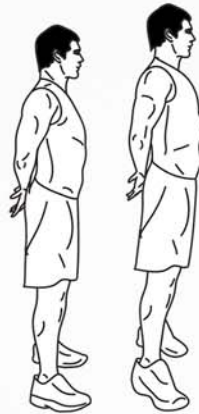
# MAXIMUS

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

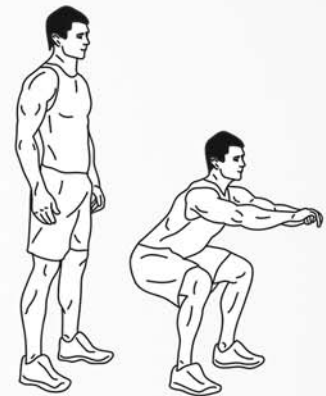
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



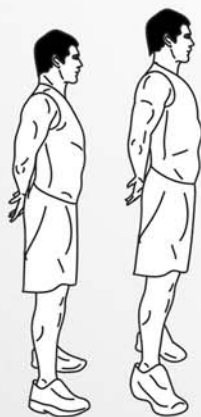
**10** squats



**5** calf raises



**10** squats



**5** calf raises



**10** lunges



**5** calf raises