

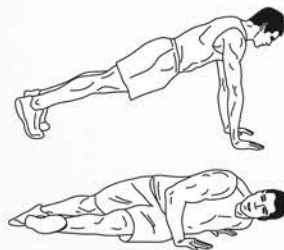
# NO TURNING BACK

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

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



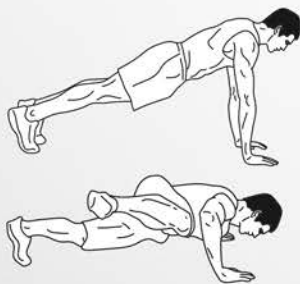
**20** high knees



**2** cross body push-ups



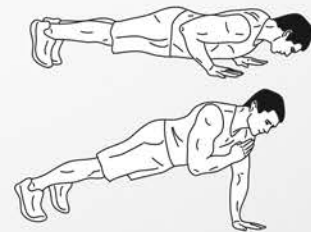
**20** high knees



**2** push-up crunches



**20** high knees



**2** push-up shoulder taps