

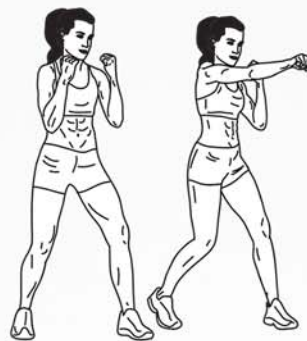
# ORACLE

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 jumping lunges



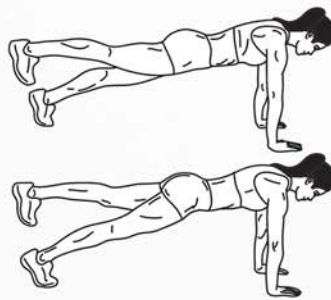
40 punches



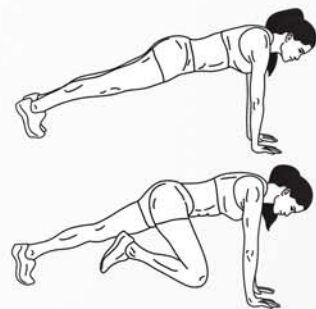
20 high knees



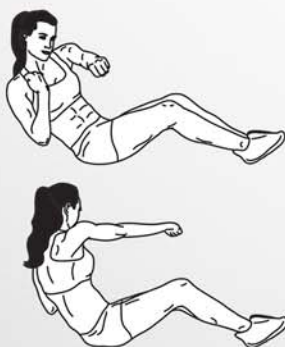
20 squat front kicks



20 plank leg raises



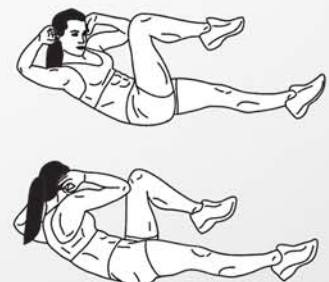
20 slow climbers



10 sit-up punches



10 reverse crunches



10 knee-to-elbow crunches