

# PARAGON

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

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



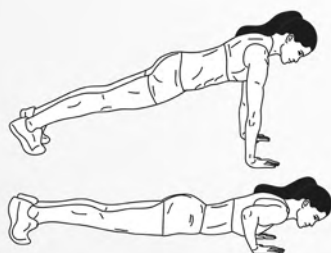
**20** side lunges



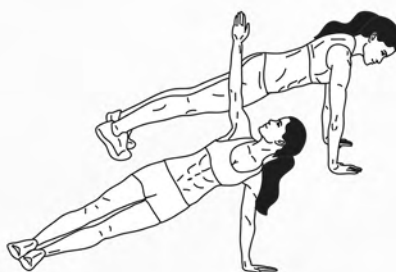
**12** jumping lunges



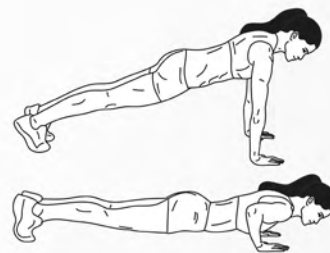
**20** side lunges



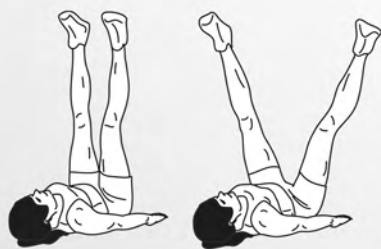
**12** push-ups



**20** plank rotations



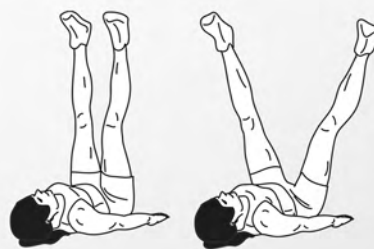
**12** push-ups



**20** leg extensions



**12** half wipers



**20** leg extensions