

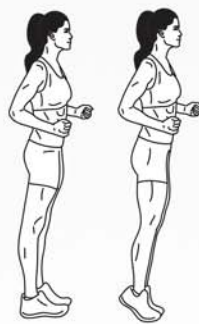
# Perfect **10**

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

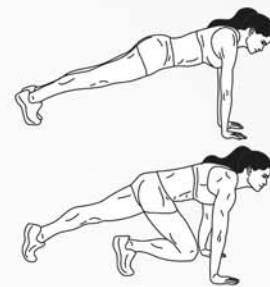
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



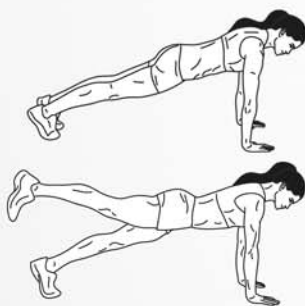
**10** side lunges



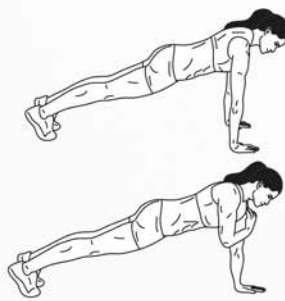
**10** calf raises



**10** slow climbers



**10** plank leg raises



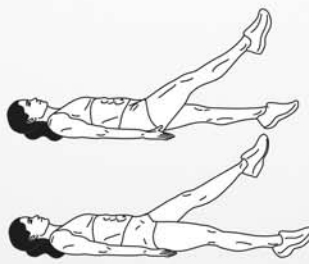
**10** shoulder taps



**10** plank rotations



**10** crunches



**10** flutter kicks



**10** sitting twists