

# POLAR

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

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



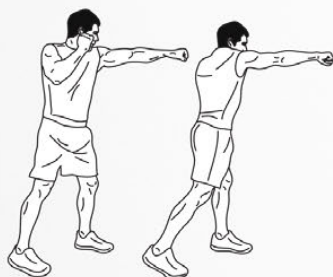
**10** lunges



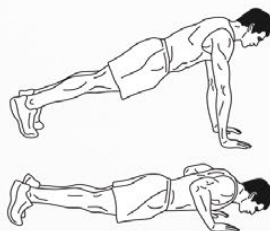
**5** calf raises



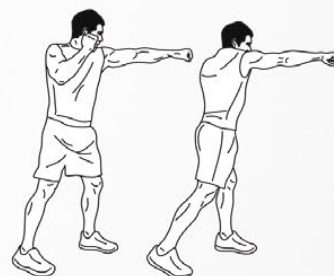
**10** lunges



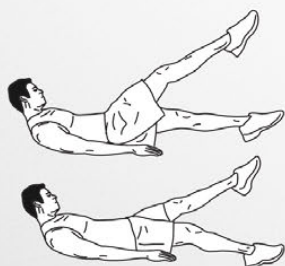
**20** punches



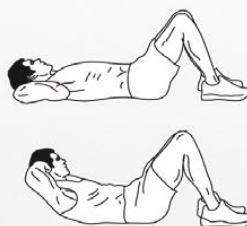
**10** push-ups



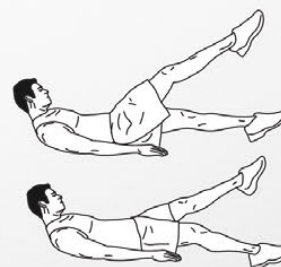
**20** punches



**10** flutter kicks



**5** crunches



**10** flutter kicks