

# POWER

# BURPEE



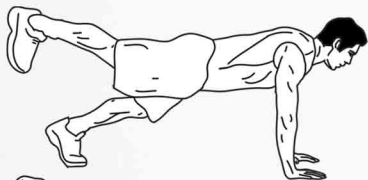
DAREBEE WORKOUT

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

6 reps each | 3 sets

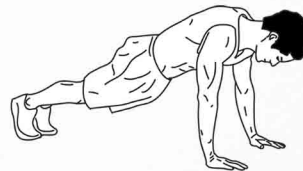
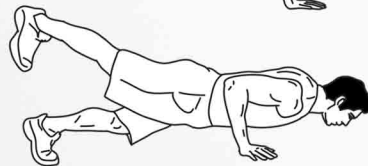
up to 2 minutes

rest between sets



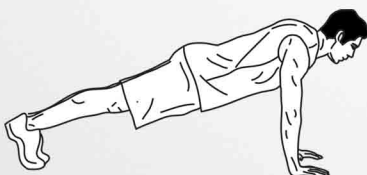
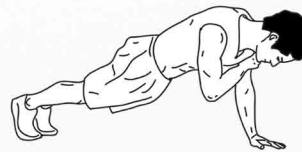
1

raised leg  
push-up



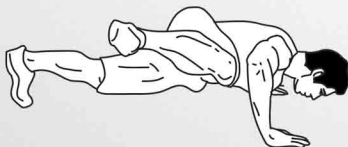
2

shoulder taps  
each side



3

push-up  
side crunch  
each side



4

10-count  
plank hold

