

# POWERBUILT

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

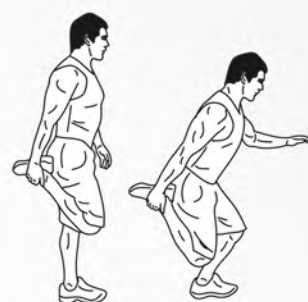
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



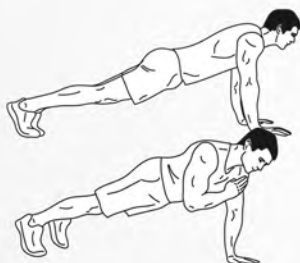
**10** calf raises



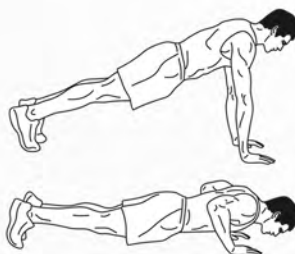
**10** squats



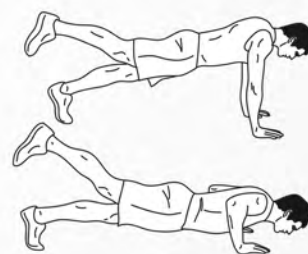
**6** half shrimp squats



**10** shoulder taps



**10** push-ups



**6** single leg push-ups



**10** sitting twists



**10** sit-ups



**6** knee-in & twist