

# PREMIUM RUSH

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

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

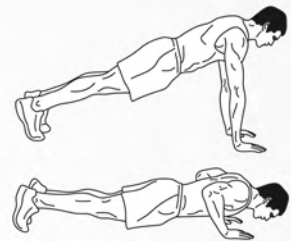
REST up to 2 minutes



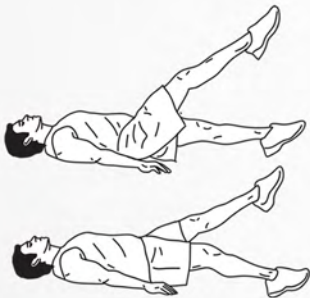
**10** lunges



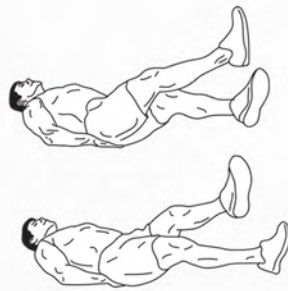
**10** side-to-side lunges



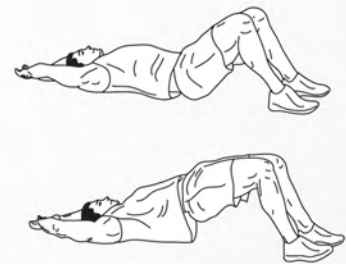
**2** push-ups



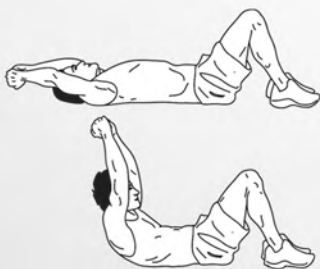
**10** flutter kicks



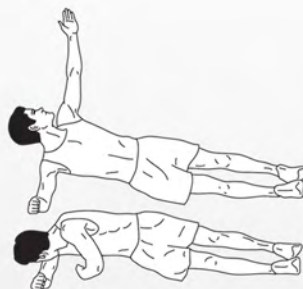
**10** scissors



**10** bridges



**10** long-arm crunches



**10** side plank rotations



**10-count** elbow plank