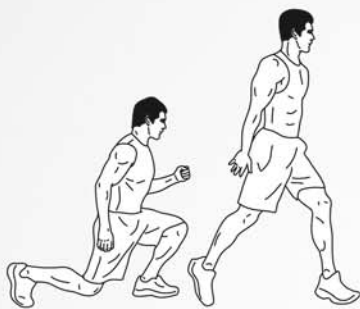


# PRIME

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

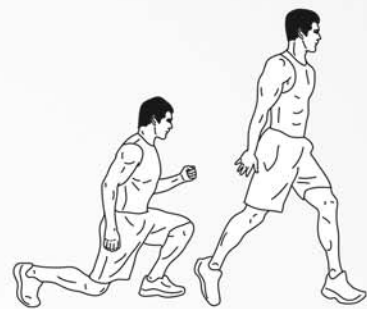
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



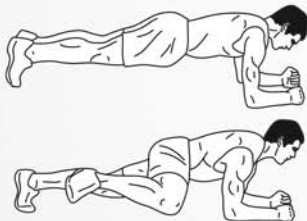
**10** jumping lunges



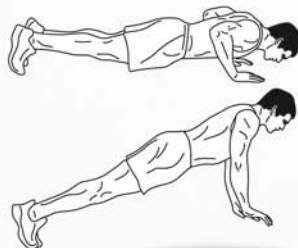
**10** calf raises



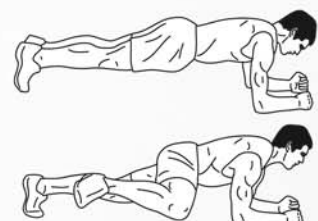
**10** jumping lunges



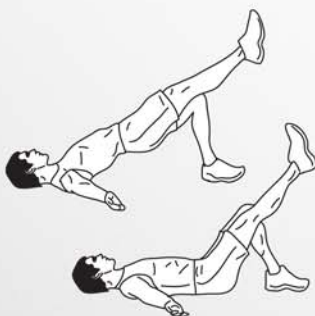
**10** plank crunches



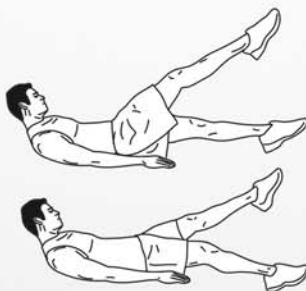
**10** power push-ups



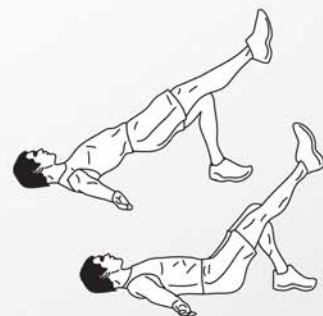
**10** plank crunches



**10** single leg bridges



**10** flutter kicks



**10** single leg bridges