

# RECON SQUAD

DAREBEE WORKOUT

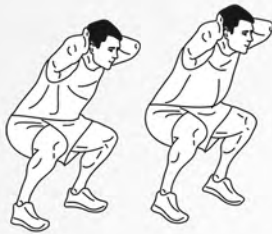
@ [darebee.com](https://darebee.com)

Level I 3 sets

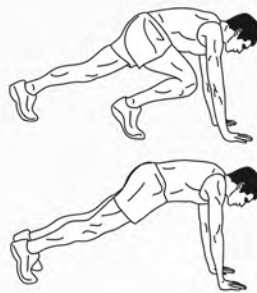
Level II 5 sets

Level III 7 sets

2 minutes rest



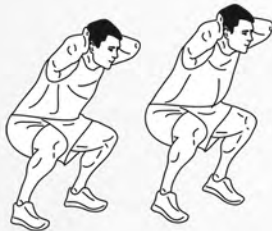
**10** squat hops



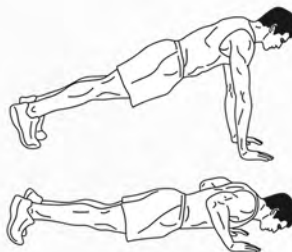
**10** slow climbers



**20-count** elbow plank



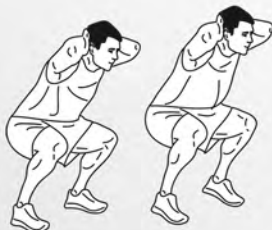
**10** squat hops



**10** push-ups



**20-count** side plank



**10** squat hops



**10** knee-to-elbows



**20-count** raised leg hold