

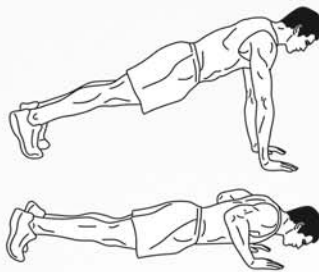
reset

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 squats



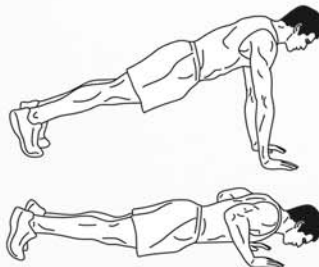
10 push-ups



20-count plank



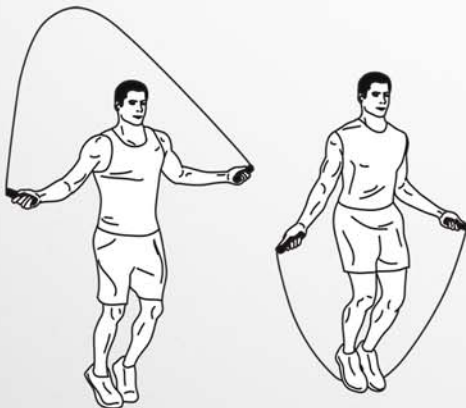
20 squats



10 push-ups



20-count plank



1 minute jump rope



1 minute crunches