

# SECRET AGENT

DAREBEE  
WORKOUT

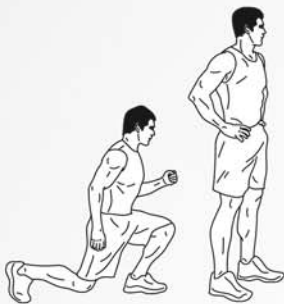
@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



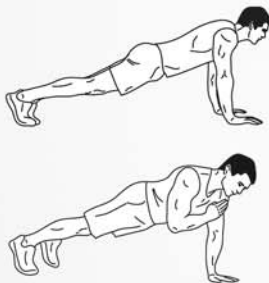
10 reverse lunges



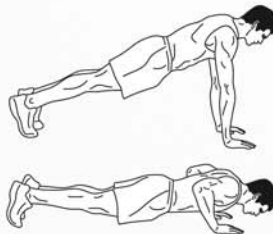
2 side-to-side lunges



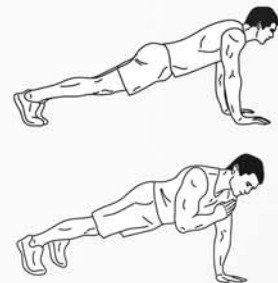
10 reverse lunges



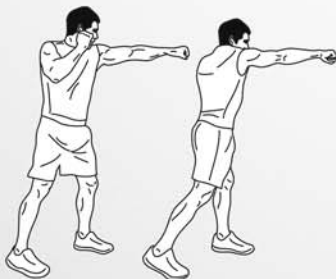
10 shoulder taps



2 push-ups



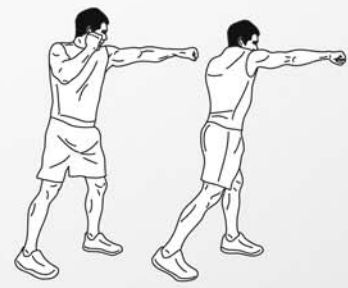
10 shoulder taps



10 punches



2 overhead punches



10 punches