

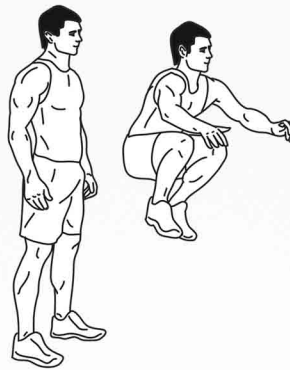
# SPARTAN

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

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



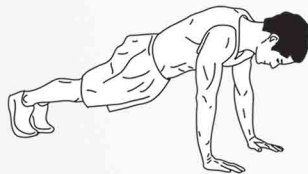
**20** squats



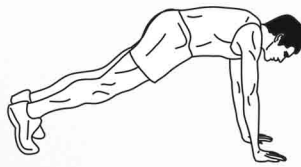
**10** jump knee tucks



**20** lunges



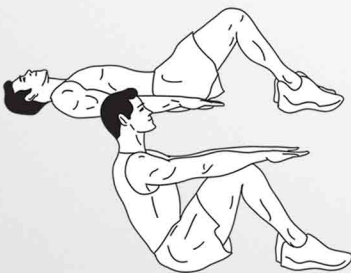
**10** push-ups



**10** slow climbers



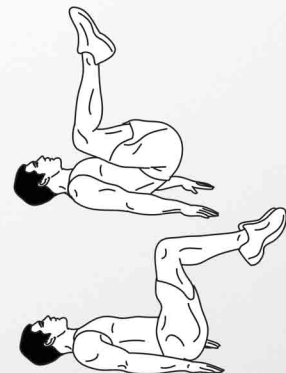
**10-count** elbow plank



**10** sit-ups



**10** leg raises



**10** reverse crunches