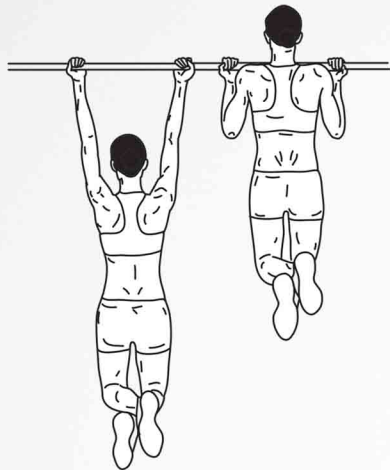


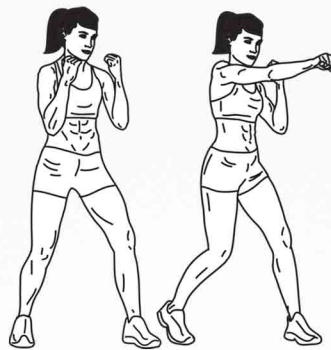
# STARBUCK

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

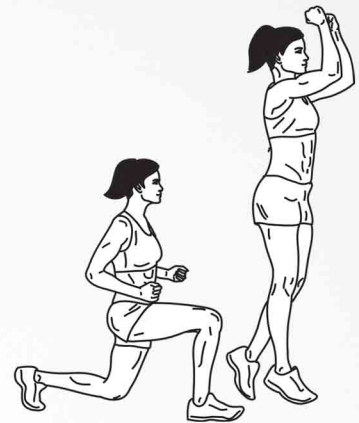
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



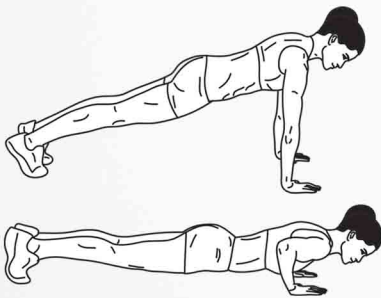
**to failure** chin-ups



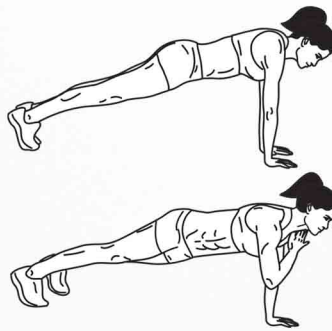
**40** punches



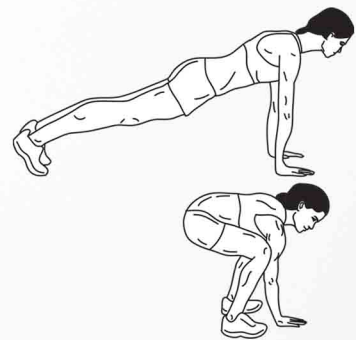
**20** jumping lunges



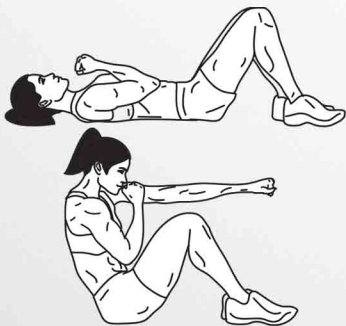
**10** push-ups



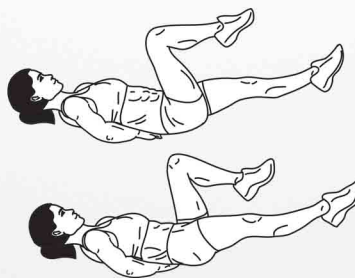
**10** shoulder taps



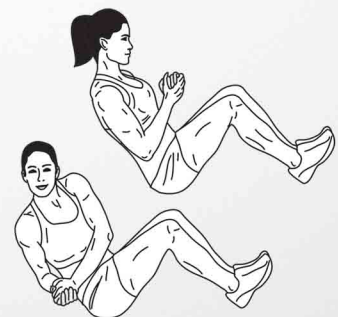
**10** plank jump-ins



**10** sit-up punches



**10** air bike crunches



**10** sitting twists