

# STEALTH MASTER

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

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



**20sec** tricep dip hold



**20sec** squat hold



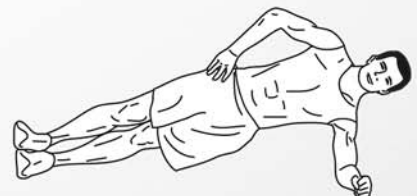
**20sec** calf raise hold



**20sec** plank



**20sec** raised leg plank



**20sec** side plank