

# SURVIVAL MODE

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



**20** high knees



**20** punches



**10-count** plank hold



**20** high knees



**6** jumping lunges



**10-count** plank hold



**20** high knees



**6** basic burpees



**10-count** plank hold