

TAKE CHARGE

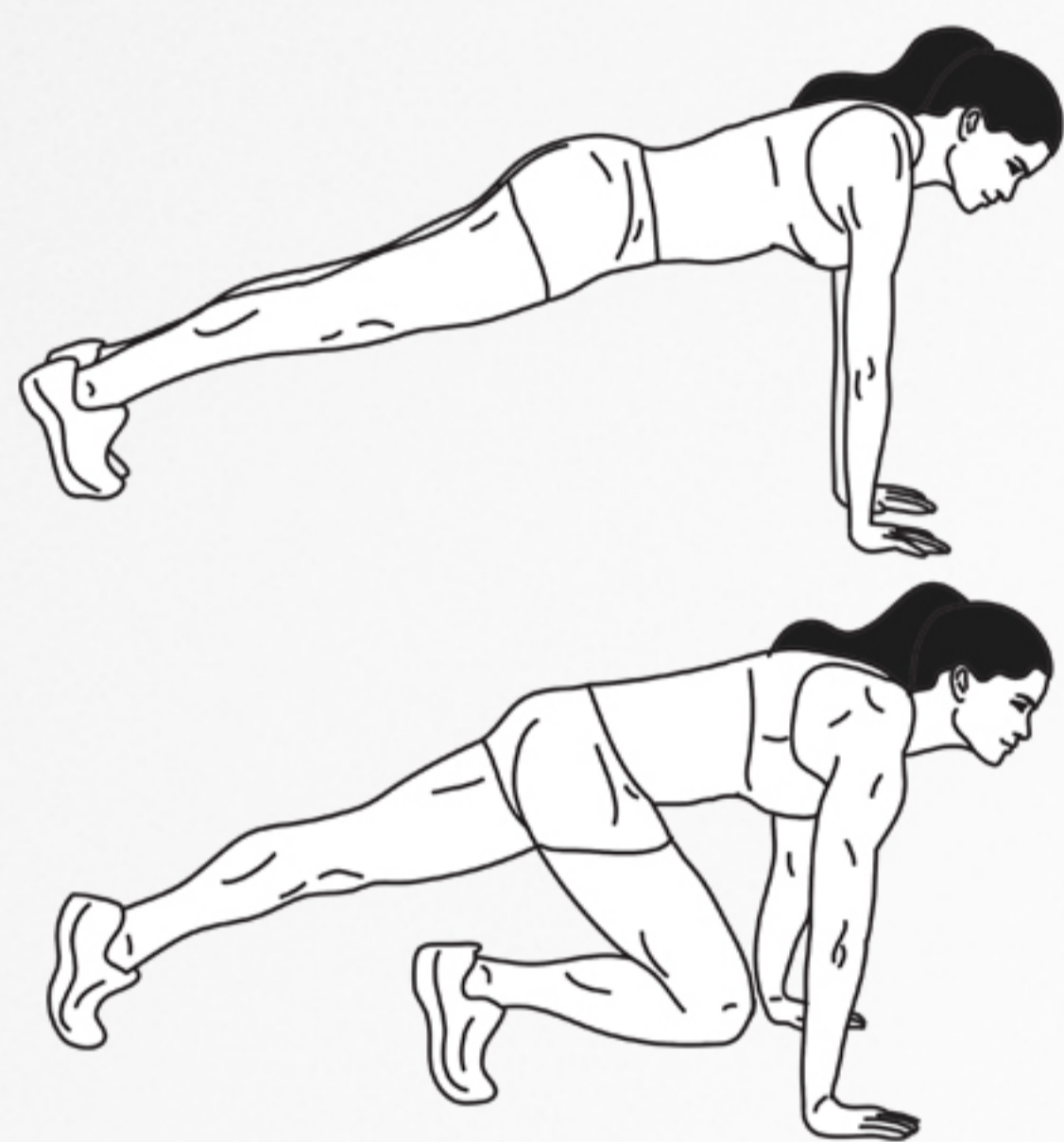
DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

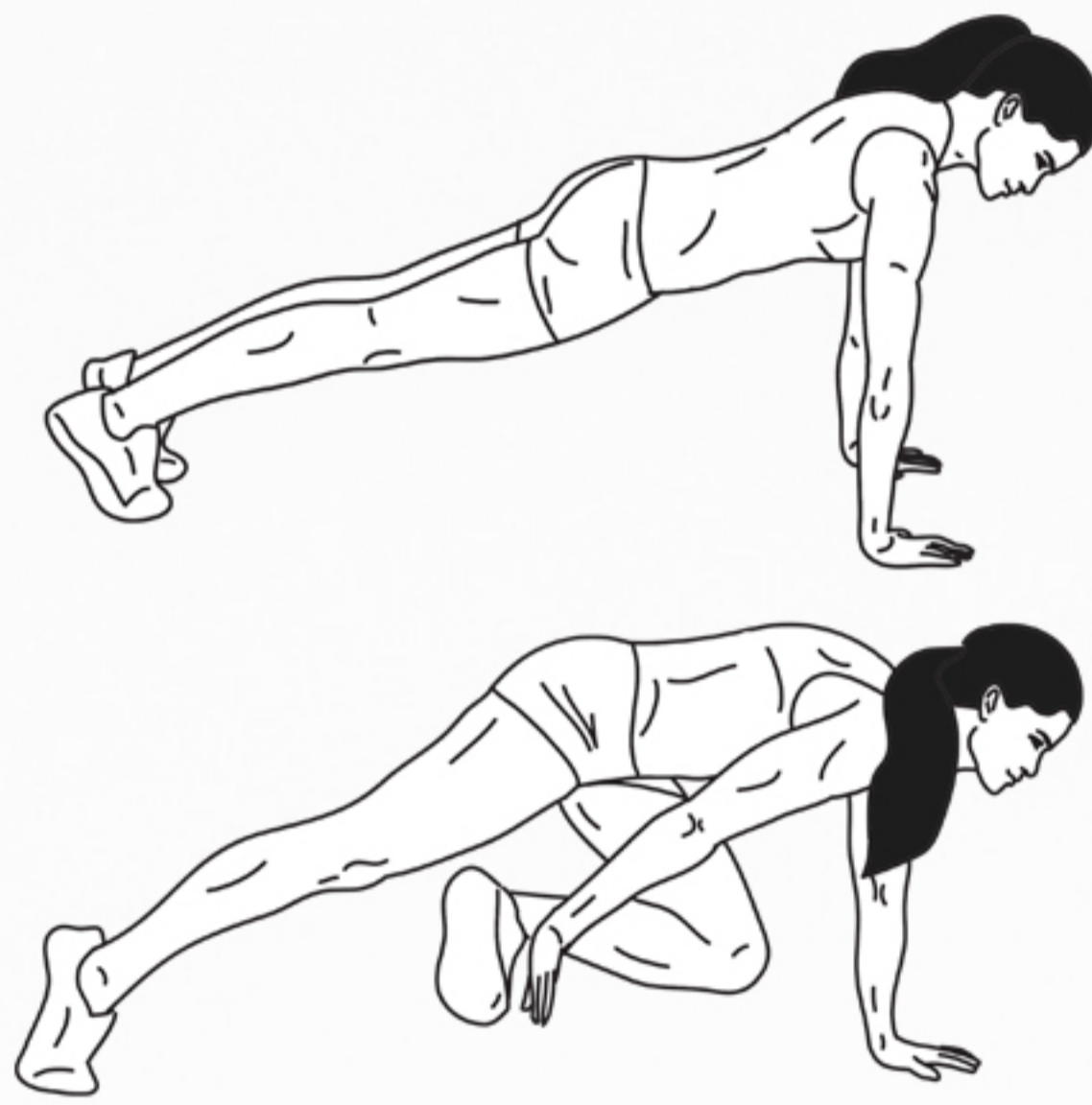
LEVEL II 5 sets

LEVEL III 7 sets

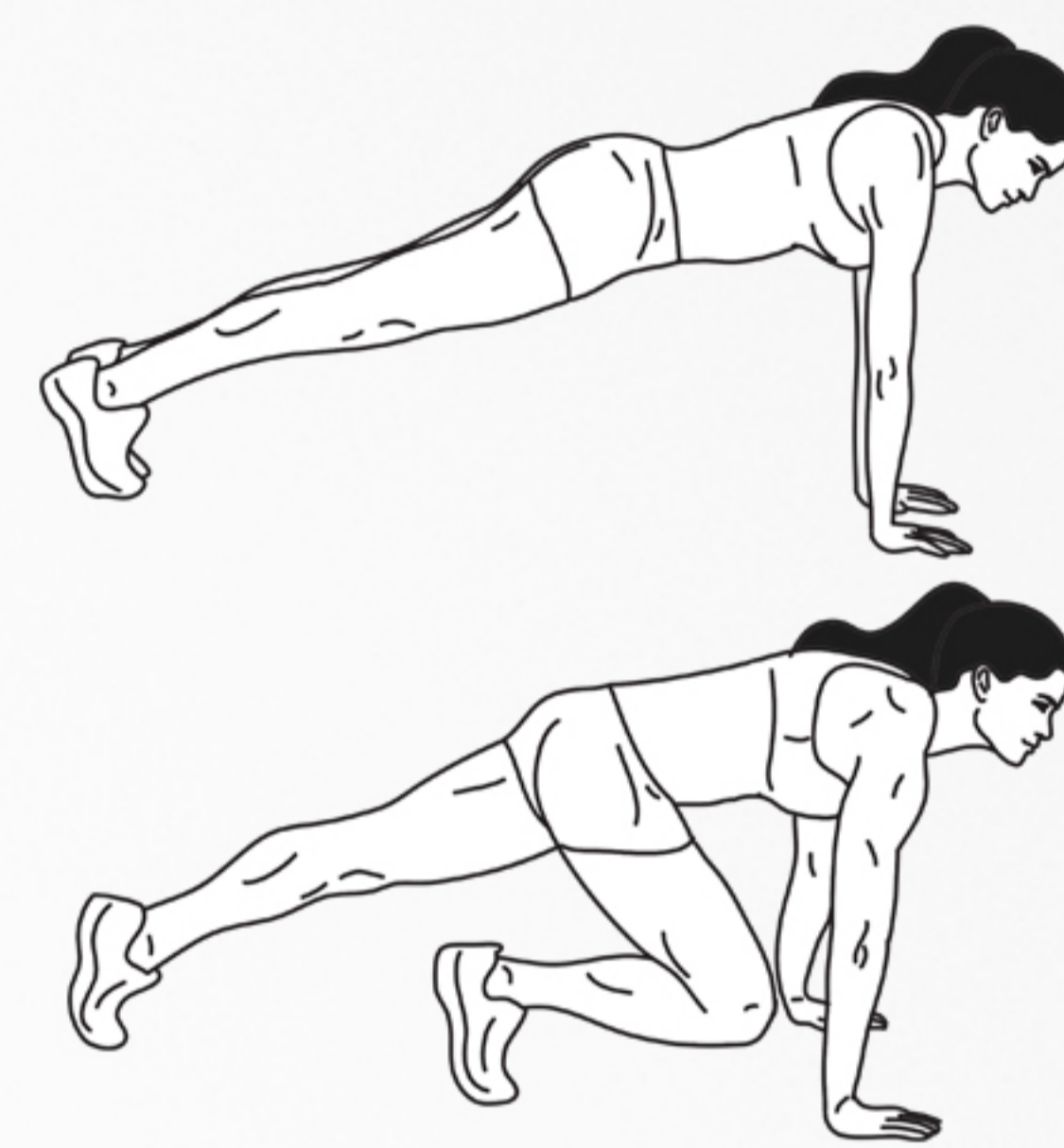
REST up to 2 minutes



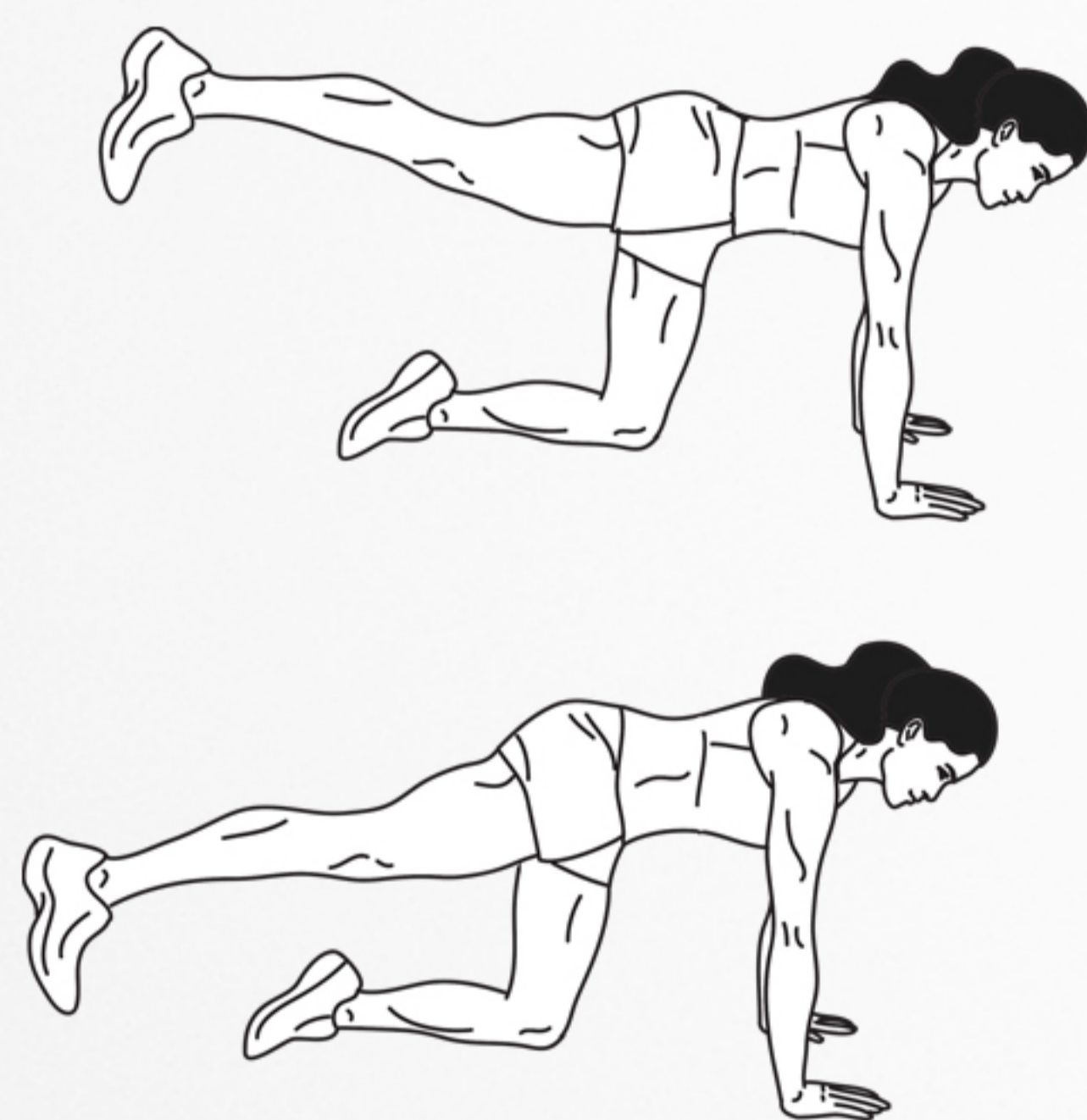
10 climbers



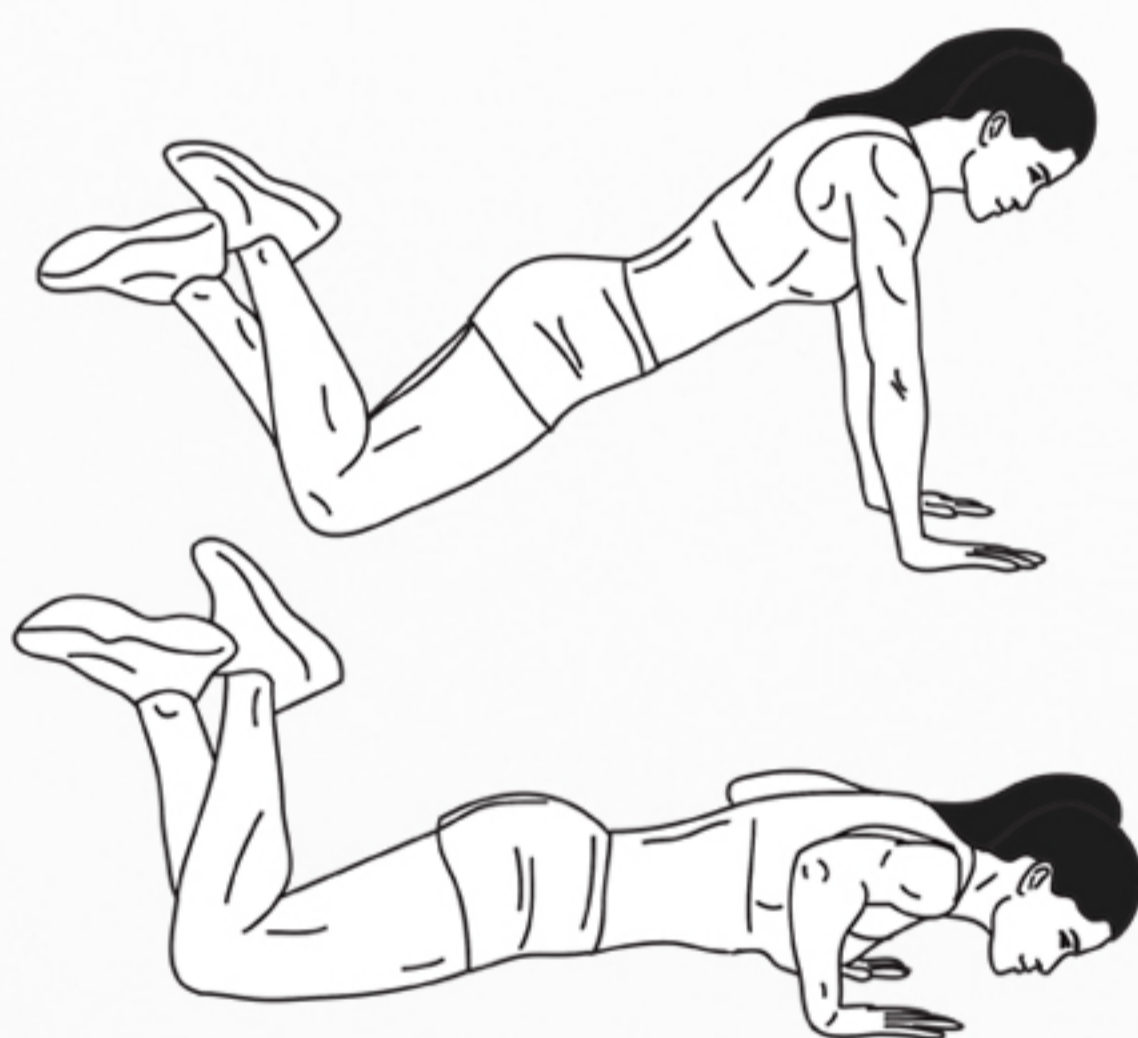
10 climber taps



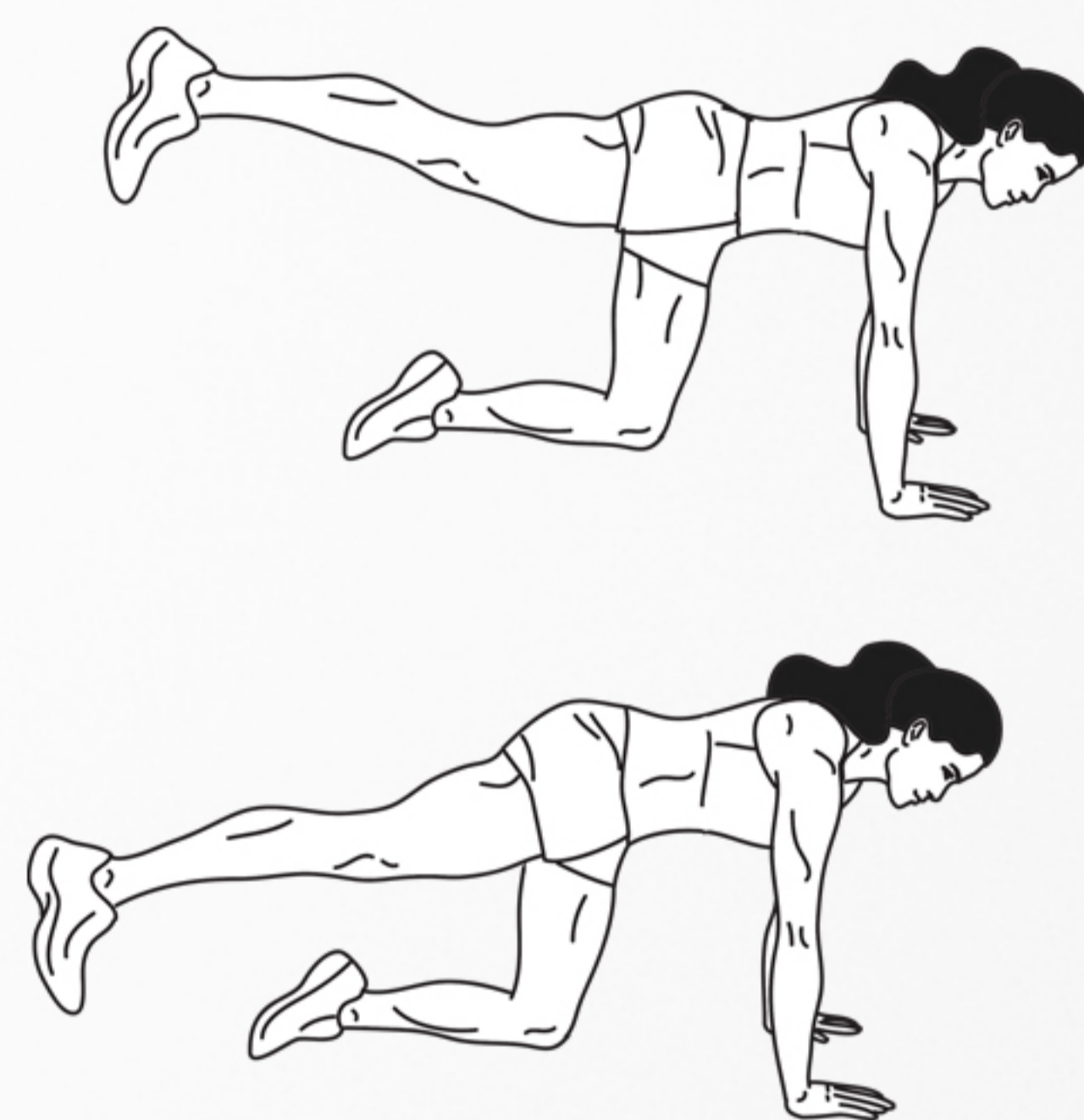
10 climbers



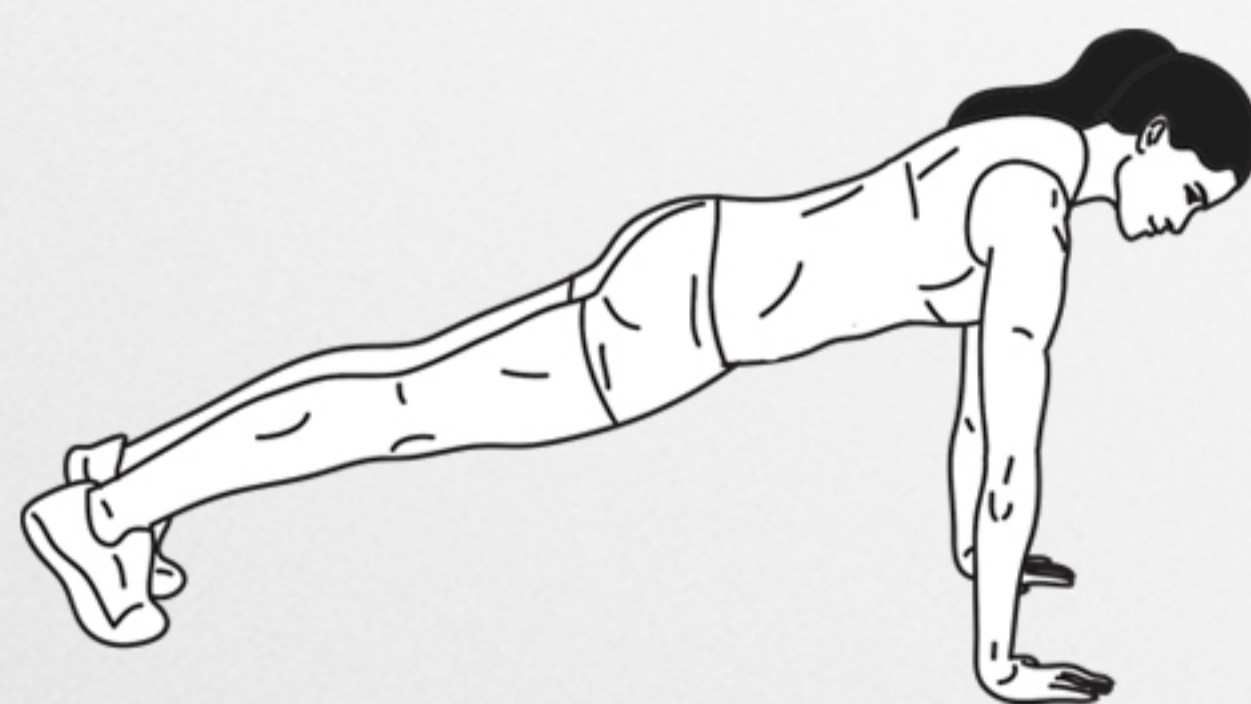
10 leg swings / left



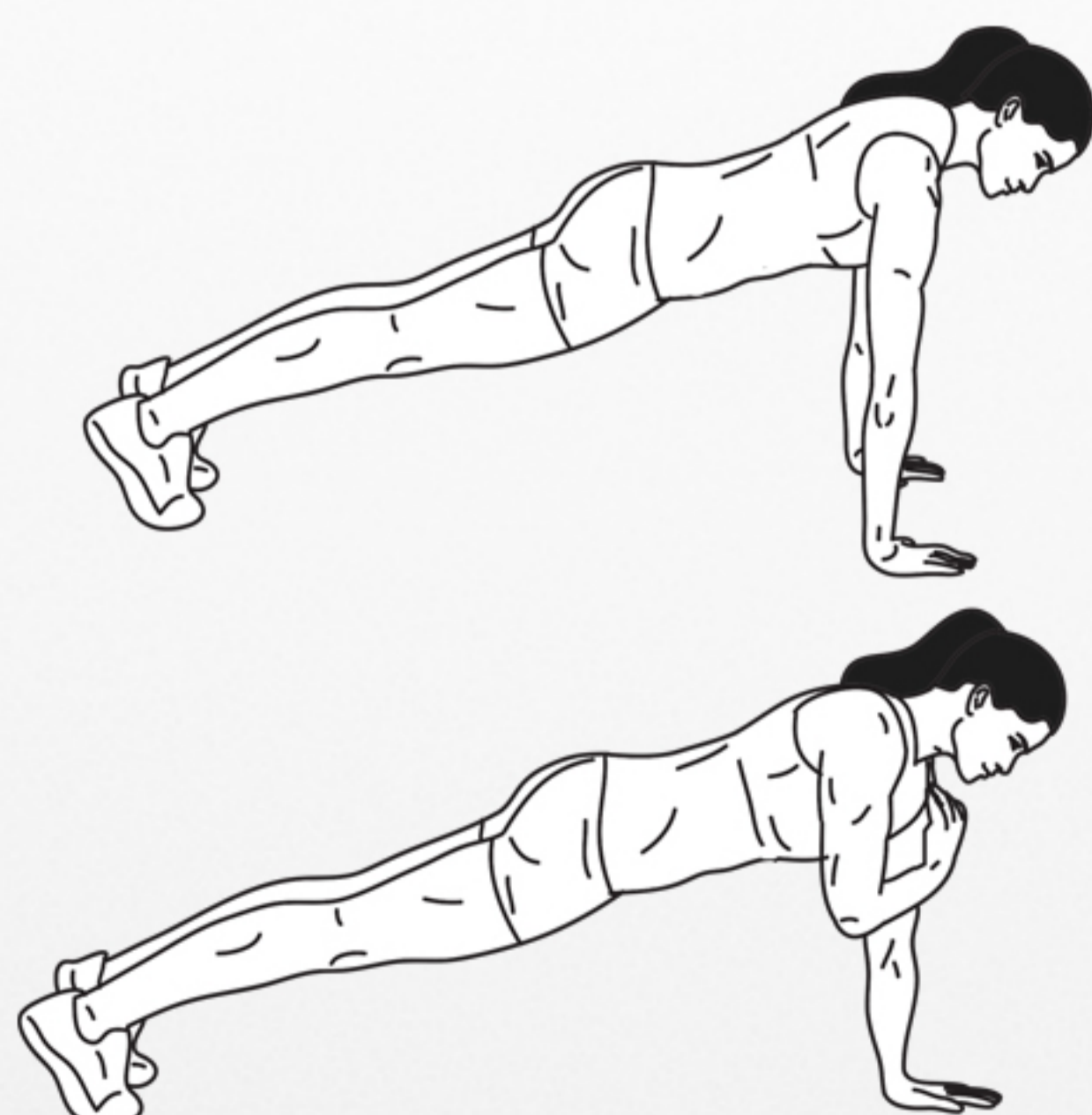
5 knee push-ups



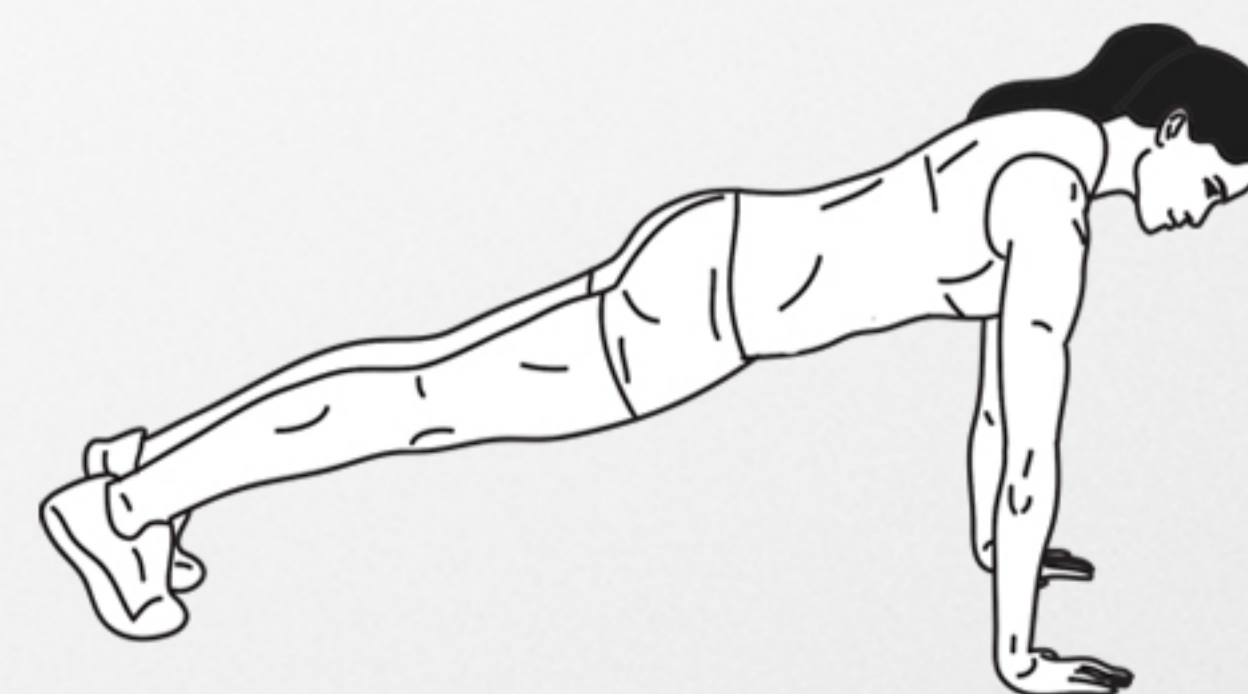
10 leg swings / right



10-count plank hold



10 shoulder taps



10-count plank hold