

# THICK & WIDE

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

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



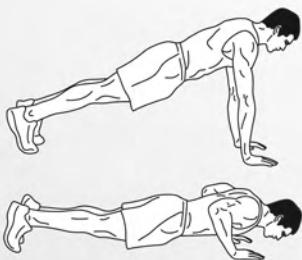
10 squats



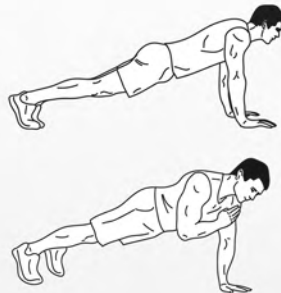
8 cossack squats



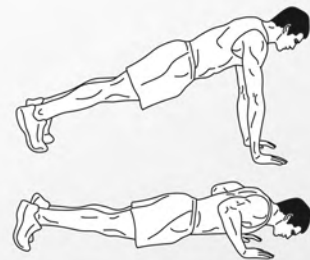
10 squats



10 push-ups



8 shoulder taps



10 push-ups