

# TIME TO SHINE

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

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



**20** butt kicks



**4** high squats



**20** butt kicks



**4** reverse lunges



**20** butt kicks



**4** side lunges