

# 100G

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



10 jump squats



10 push-ups



10-count push-up plank



10 jump squats



10 push-ups



40 punches



10 jump squats



10 push-ups



10-count push-up plank