

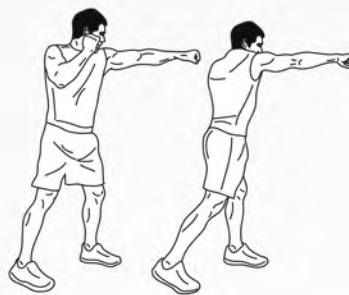
BOSS LEVEL

DAREBEE WORKOUT @ darebee.com

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



10 squats



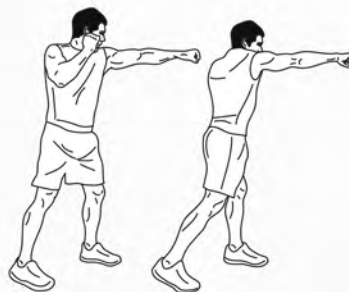
20 punches



2 squat jumps



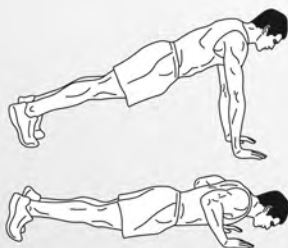
10-count plank hold



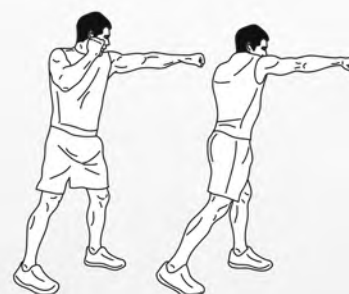
20 punches



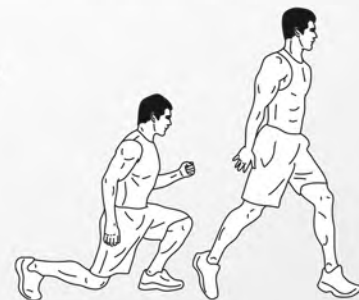
10 shoulder taps



2 push-ups



20 punches



2 jumping lunges