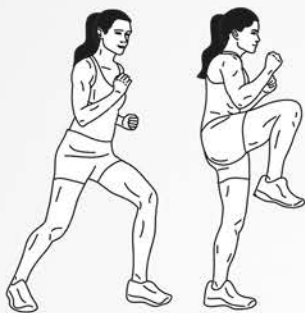


# Buttercup

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

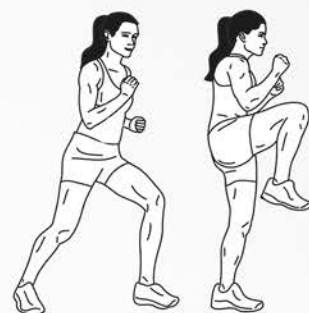
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



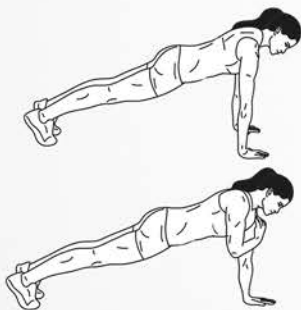
10 knee strikes



10 climbers



10 knee strikes



10 shoulder taps



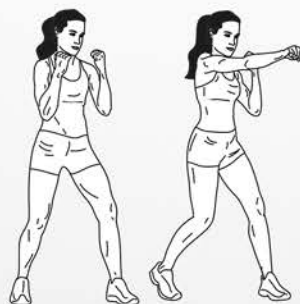
10 knee strikes



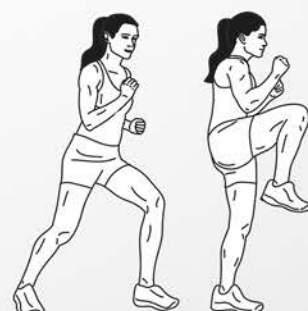
10 plank rotations



10 knee strikes



10 punches



10 knee strikes