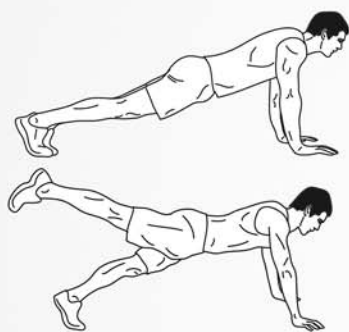


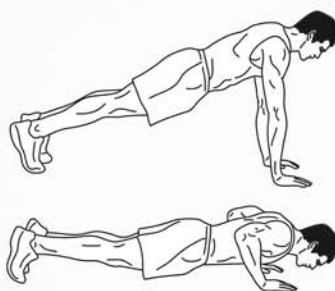
# CODEx

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

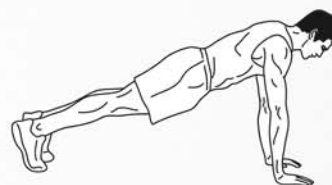
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes  
hands never off the ground



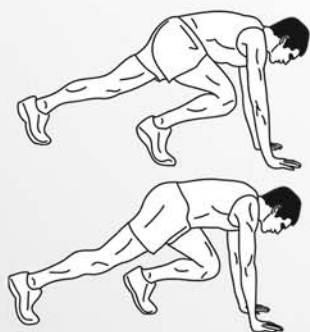
**10** plank leg raises



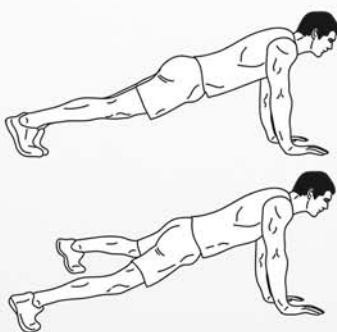
**4** push-ups



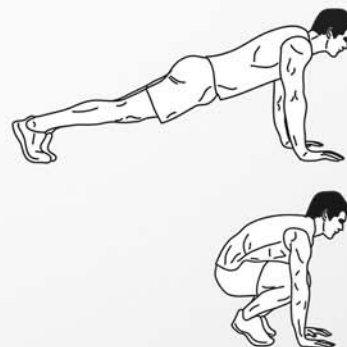
**10-count** plank



**10** climbers



**4** plank jacks



**4** plank jump-ins