

# CRAZY HARD

DAREBEE WORKOUT

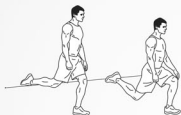
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 split squats



20 side-to-side lunges



20 jump squats



20 push-up shoulder taps



20 plank rotations



20 side plank knee-to-elbow