

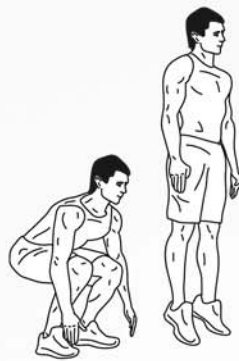
DEFCON 1

DAREBEE WORKOUT @ darebee.com

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



10-count squat hold



10 jump squats



10-count squat hold



10-count push-up hold



10 push-ups



10-count push-up hold



10-count raised leg hold



10 leg raises



10-count raised leg hold