

# DIGGER

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

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



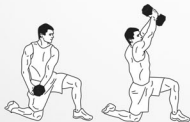
12 cross chops



12 side bends



12 goblet squats



12 kneeling chops



12 kneeling rows