

feel alive

DAREBEE WORKOUT © darebee.com

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



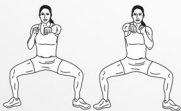
10 squats



5 basic burpees



10 calf raises



20 squat hold punches



20 punches