

GET IT DONE

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets

2 minutes rest between sets



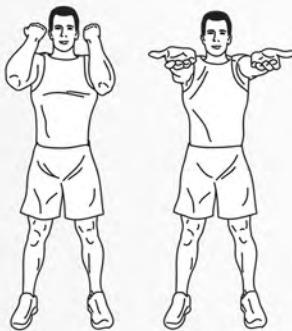
20sec high knees



20sec plank hold



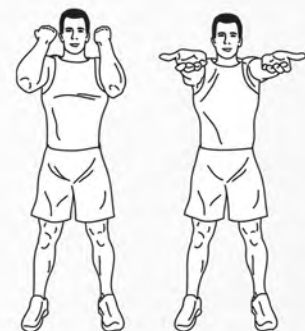
20sec high knees



20sec bicep extensions



20sec raised arm hold



20sec bicep extensions



20sec high knees



20sec plank hold



20sec high knees