

# GRADE A

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

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



**10** cross squats



**10** cossack squats



**10** get-ups



**5** judo push-ups



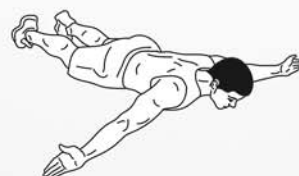
**10-count** push-up plank



**10** up & down planks



**10** reverse angels



**10** prone fly extensions



**10** W-extensions