

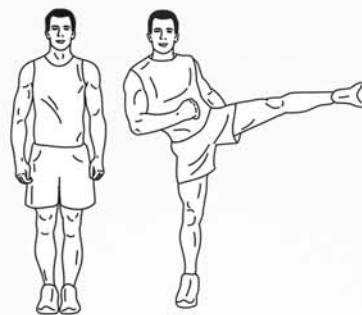
# GUARDIAN

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

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



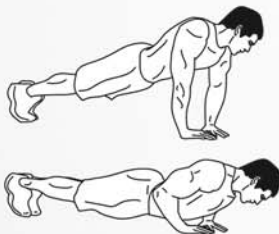
**8** squats



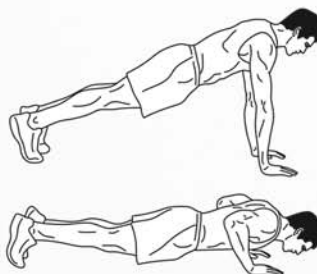
**20** side leg raises



**8** lunges



**2** close grip push-ups



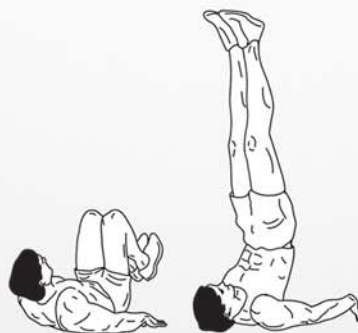
**8** push-ups



**10-count** elbow plank



**8** sit-ups



**8** butt-ups



**8** full bridges