

THE HEIST

DAREBEE WORKOUT

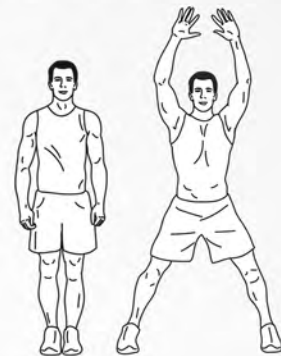
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

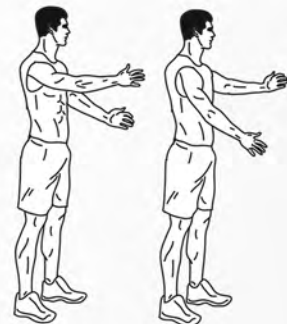
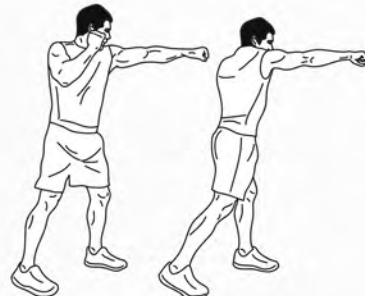
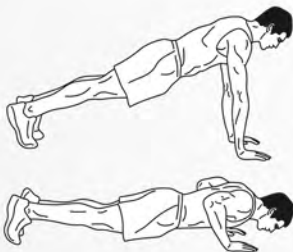
LEVEL III 7 sets

REST up to 2 minutes



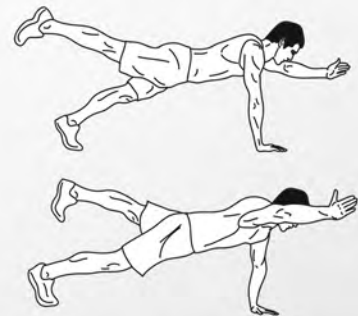
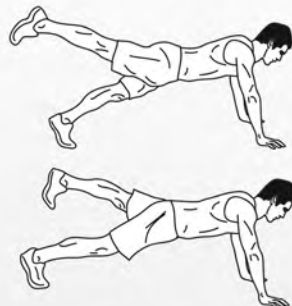
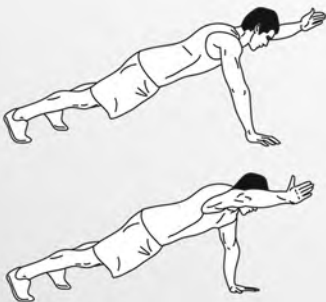
10 combos: 1 squat + 2 double side kicks

10 jumping jacks



10 combos: 1 push-ups + 4 punches

10 scissor chops



10 plank arm raises

10 plank leg raises

10 plank alt arm/ leg raises