

# HERO

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

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



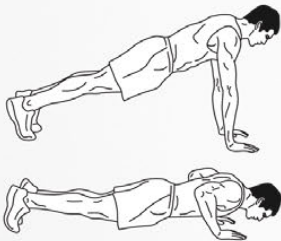
**10** squats



**10-count** squat hold



**10** calf raises



**5** push-ups



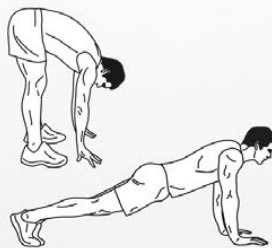
**10-count** plank hold



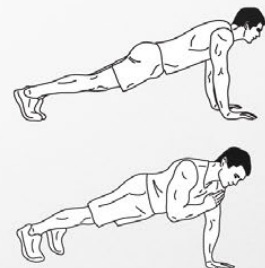
**10** plank rotations



**10** lunges



**5** plank walk-outs



**10** shoulder taps