

# LAUNCH

# CODES

DAREBEE WORKOUT

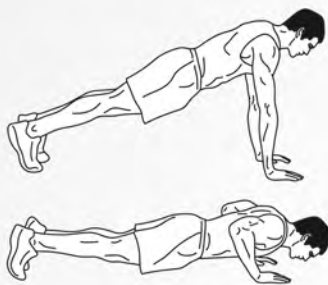
@ [darebee.com](http://darebee.com)

LEVEL I 3 sets

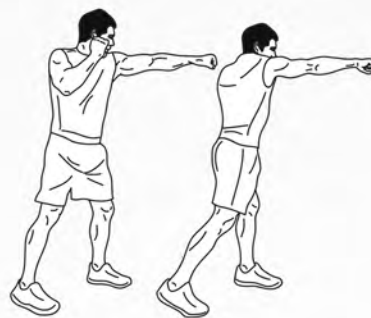
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



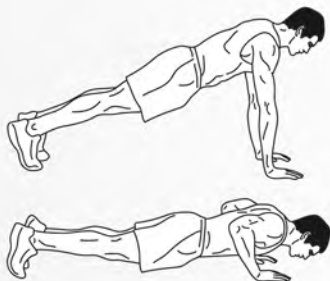
**5** push-ups



**30** punches



**5** jump knee-tucks



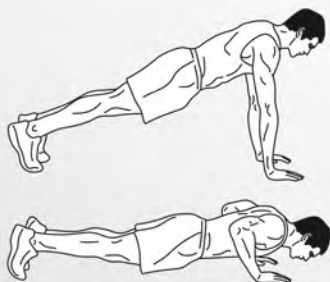
**5** push-ups



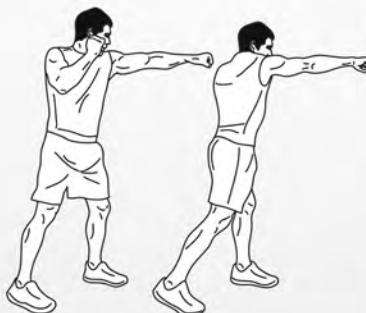
**30-count** plank



**5** jump knee-tucks



**5** push-ups



**30** punches



**5** jump knee-tucks