

MASTER PLAN

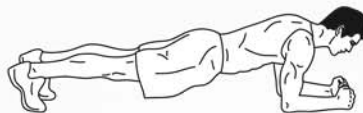
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

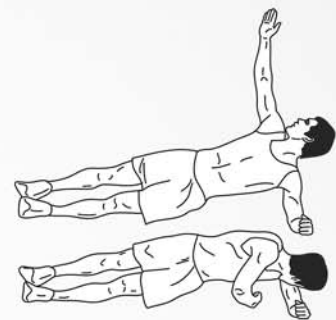
2 minutes rest between sets



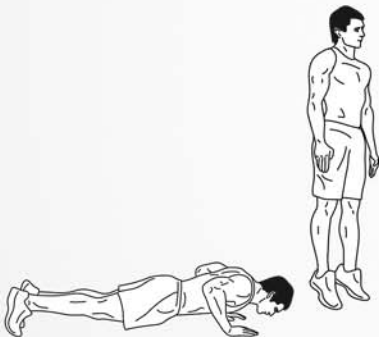
20 high knees



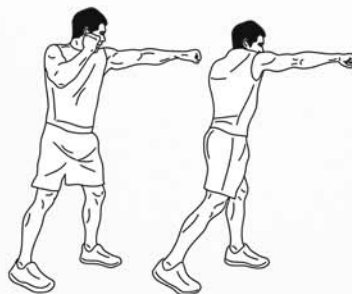
20sec elbow plank



20 side plank rotations



10 burpees



20 punches



10 bridges



20 knee-to-elbow crunches



10 leg raises



10 reverse angels