

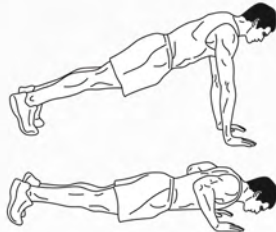
# THE MONSTER IS LOOSE

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

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



10 jump squats



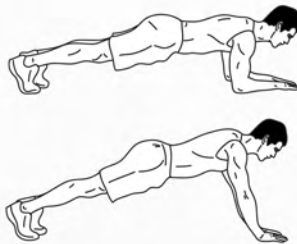
15 push-ups



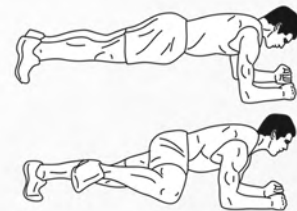
10 plank rotations



10 jump squats



5 tricep extensions



10 plank crunches



10 jump squats



15 sit-ups



10-count hollow hold