

# NEVER GIVE UP

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** squats



**10** shoulder taps



**10-count** plank hold



**10** shoulder taps