

NIGHT AGENT

DAREBEE WORKOUT © darebee.com

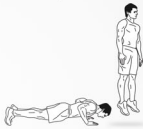
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 split lunges



max push-ups



max burpees



20 climber taps



20 high knees



20 plank crunches



20-count elbow plank hold