

# NOOB

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** squats



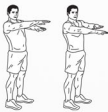
**10** lunges



**5** calf raises



**10** scissor chops



**10** arm scissors



**10** bicep extensions



**10** knee to elbow