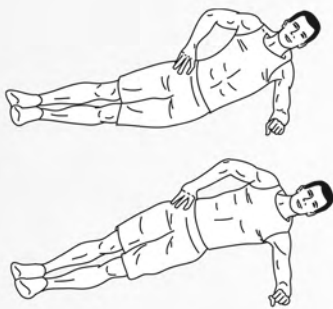


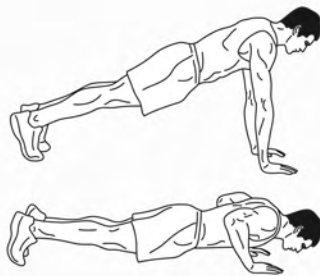
# OVERLAP

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

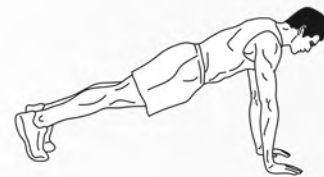
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



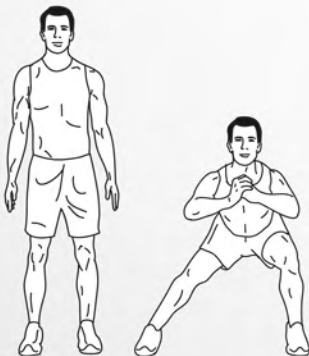
**10** side bridges



**5** push-ups



**10-count** plank hold



**10** side lunges



**5** squats



**10-count** squat hold