

# PERSEVERANCE

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

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



**20** march steps



**10-count** calf raise hold



**20** march steps



**10-count** warrior pose hold / right side



**20** march steps



**10-count** warrior pose hold / left side



**20** march steps



**10-count** calf raise hold



**20** march steps