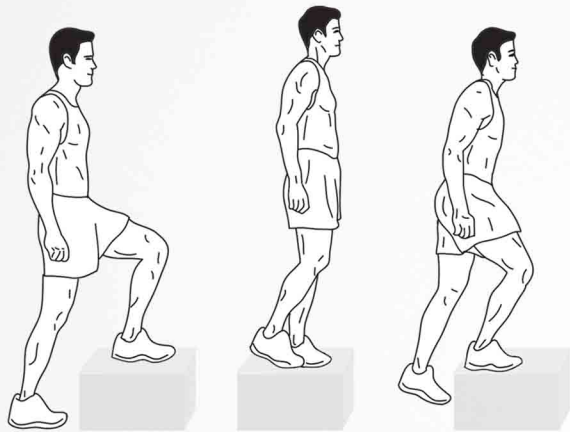


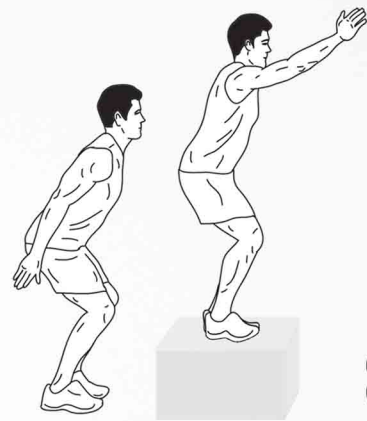
# PIZZEL

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

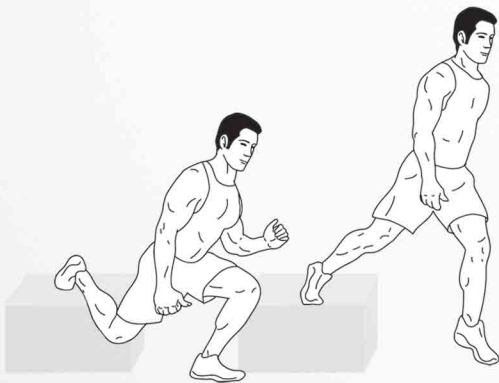
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



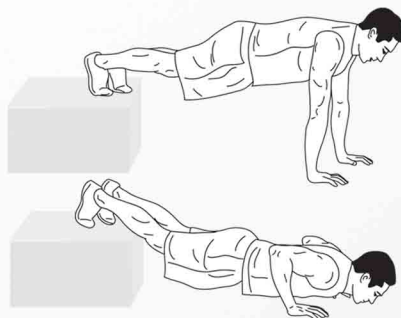
20 box step-ups



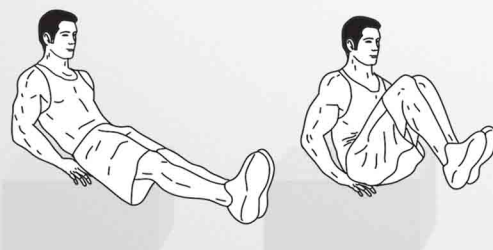
20 box jumps



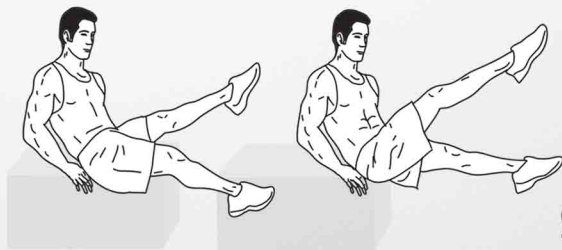
10 split squats



10 decline push-ups



10 leg pull-ins



10 flutter kicks