

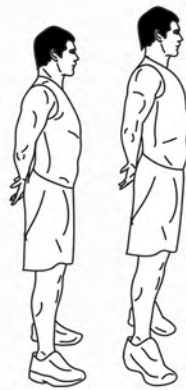
# PLAN B

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

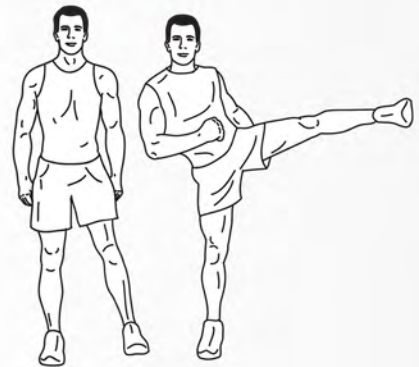
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



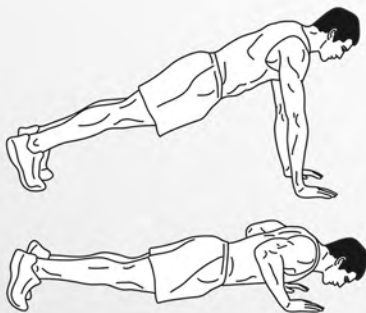
**20** squats



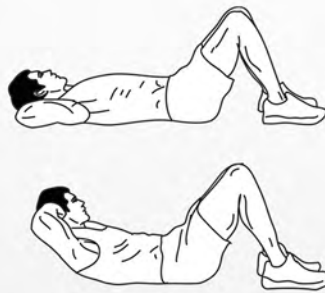
**20** calf raises



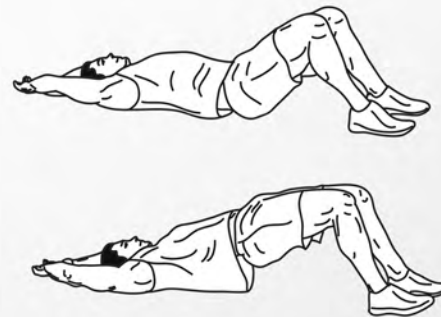
**20** side leg raises



**10** push-ups



**10** crunches



**10** bridges