

DAREBEE WORKOUT
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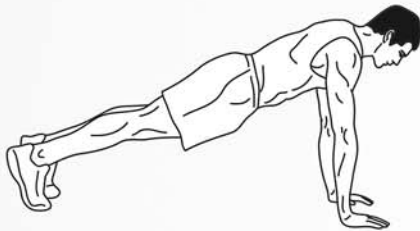
LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

PUSH SQUAT REPEAT



4 push-ups

4 squats

10 push-ups

10 squats

4 push-ups

4 squats

10 push-ups

10 squats