

# RAW GRIT

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

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



20 squats



max push-ups



20 squats



20 calf raises



20 lunges



20 calf raises



20 heel taps



20 crunches



20 heel taps