

# READY STEADY

# GO!

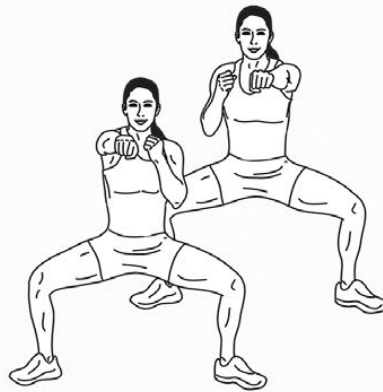
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



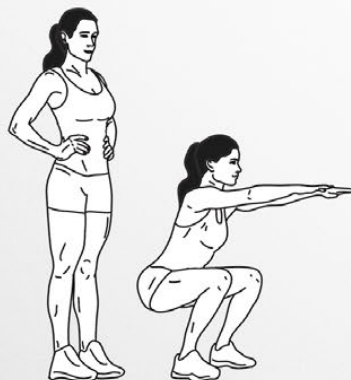
20 pacer steps



10 squat hold punches



20 pacer steps



10 squats



20 pacer steps



10 jump squats