

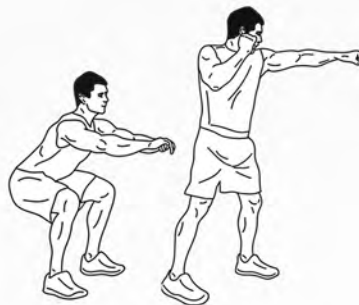
RECRUIT

DAREBEE WORKOUT @ darebee.com

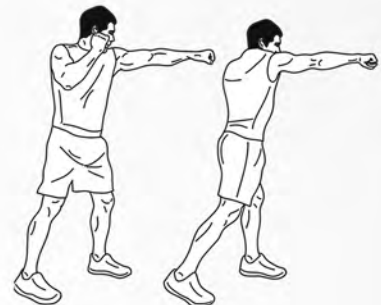
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



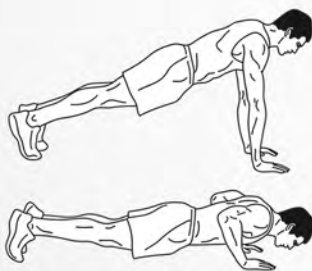
20 squats



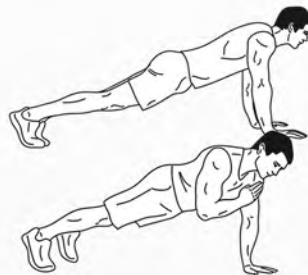
20 squat + jab



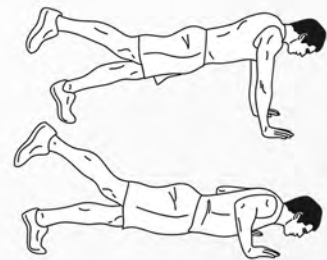
20 jab + cross



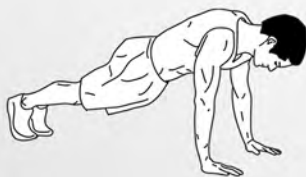
4 push-ups



20 shoulder taps



4 raised leg push-ups



20-count plank



20-count one-arm plank



20-count raised leg plank