

RULE BREAKER

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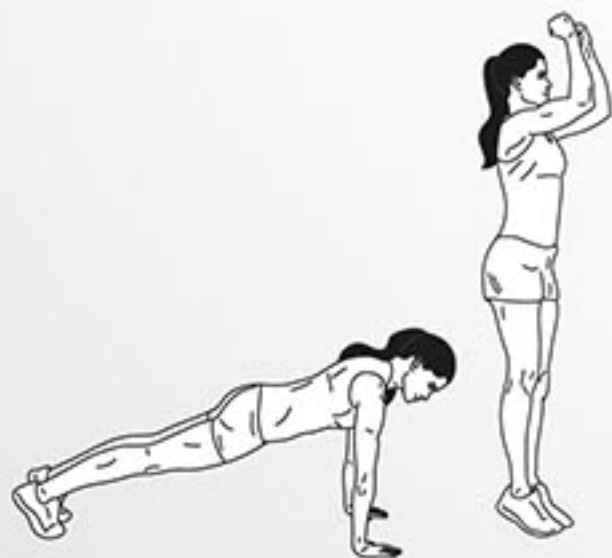
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squat step back



10 side lunges



4 basic burpees



20 shoulder taps



10 plank rotations