

# SHERLOCK

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

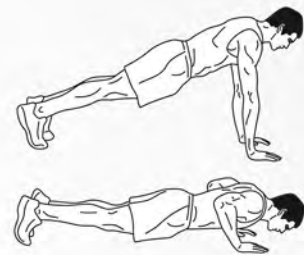
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



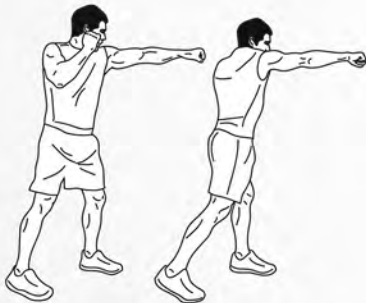
**10** squats



**5** calf raises



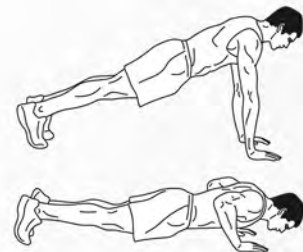
**one** push-up



**20** punches



**5** calf raises



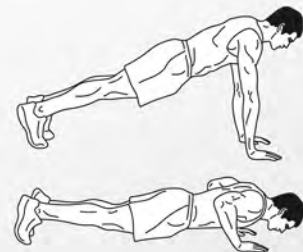
**one** push-up



**10** lunges



**5** calf raises



**one** push-up