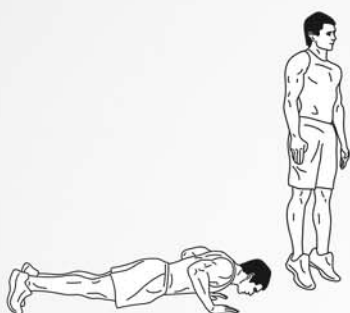


# Simbad

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

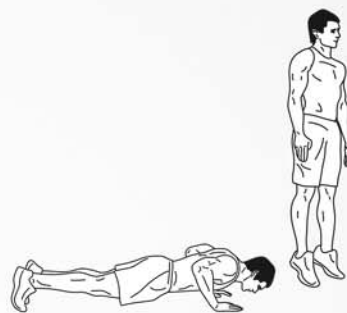
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**6** burpees



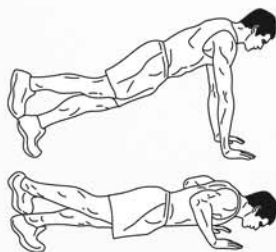
**10** plank rotations



**6** burpees



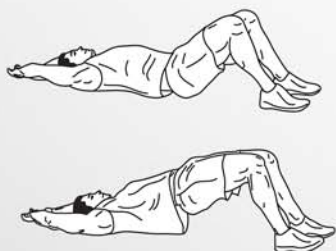
**10** side-to-side lunges



**6** stacked push-ups



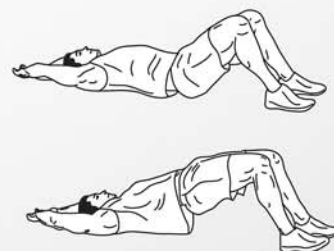
**10** side-to-side lunges



**6** bridges



**10** sitting punches



**6** bridges