

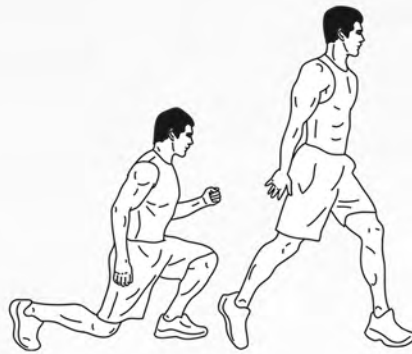
staticzap

DAREBEE WORKOUT @ darebee.com

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



10-count push-up plank



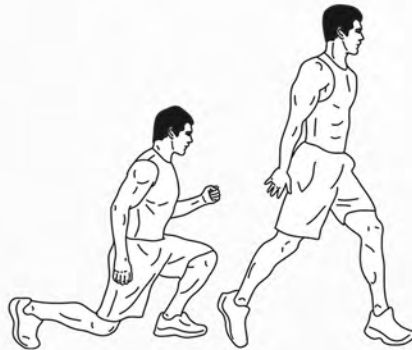
20 jumping lunges



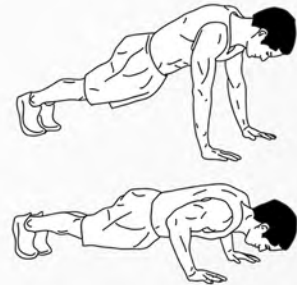
10-count squat hold



10-count push-up plank



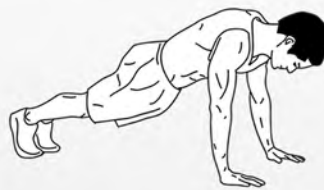
20 jumping lunges



10 slow push-ups



10-count push-up plank



20-count plank hold



10-count side plank