

# Surgebinder

DAREBEE

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

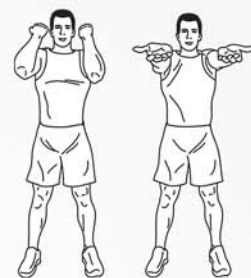
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** reverse lunges



**4** squats



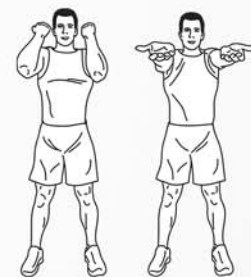
**20** bicep extensions



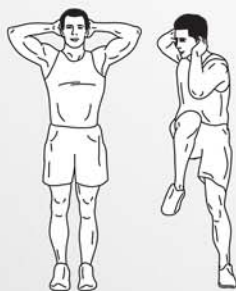
**10** calf raises



**4** squats



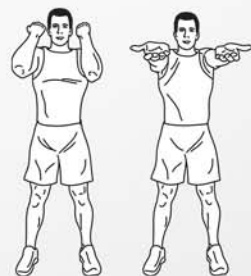
**20** bicep extensions



**10** knee-to-elbows



**4** squats



**20** bicep extensions