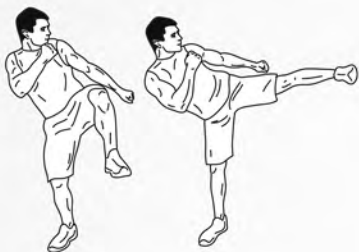


# THE *ultimatum*

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

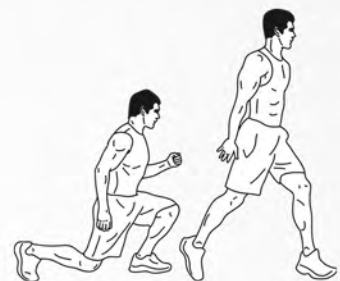
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



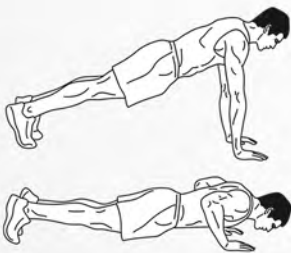
**40** side kicks



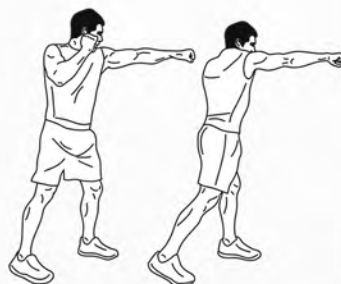
**20** calf raises



**20** jumping lunges



**20** push-ups



**40** punches



**20** burpees



**20sec** hollow hold



**20sec** elbow plank



**40sec** side plank