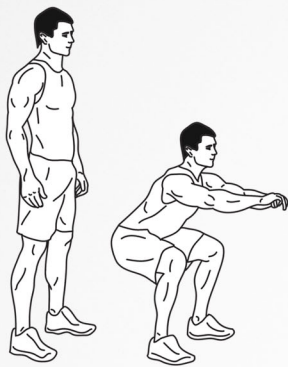


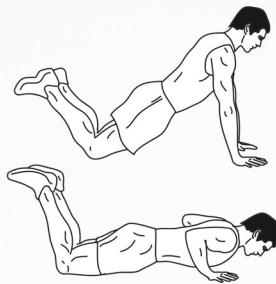
# UNBREAKABLE

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

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



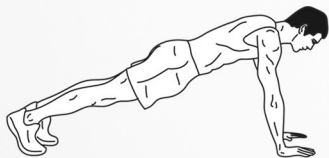
**10** squats



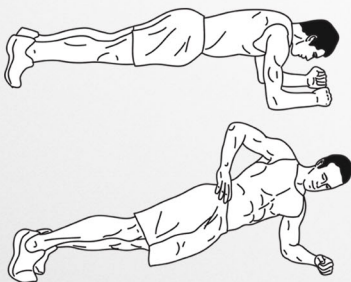
**4** knee push-ups



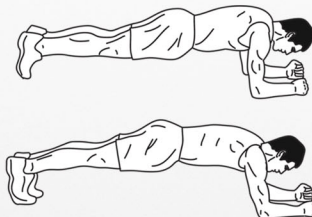
**10** knee strikes



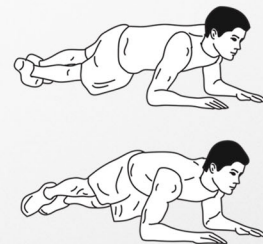
**4** up and down planks



**10** plank rotations



**4** body saw



**10** plank rolls