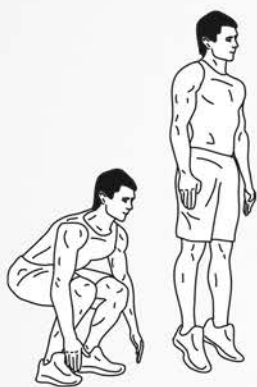


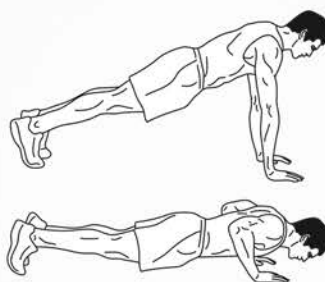
# VEGETA

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

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



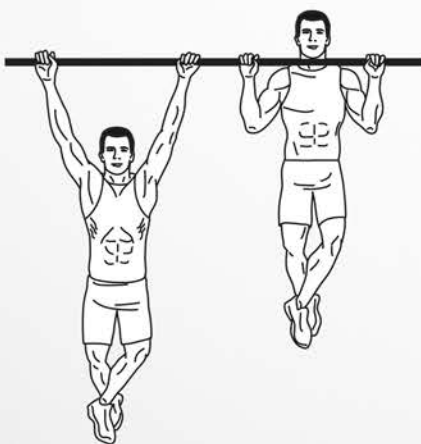
**10** jump squats



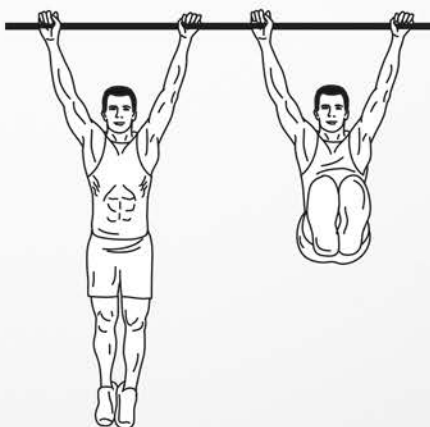
**to fatigue** push-ups



**10** jump squats



**to fatigue** pull-ups



**to fatigue** leg raises