

VENI, VIDI, VICI

DAREBEE WORKOUT

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LEVEL I 3 sets

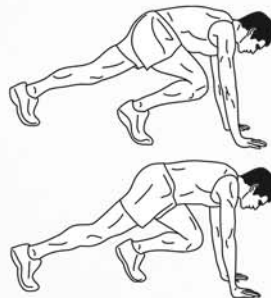
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20sec high knees



10sec climbers



20sec high knees



10sec burpees w/ jump tuck



20sec high knees



40sec elbow plank