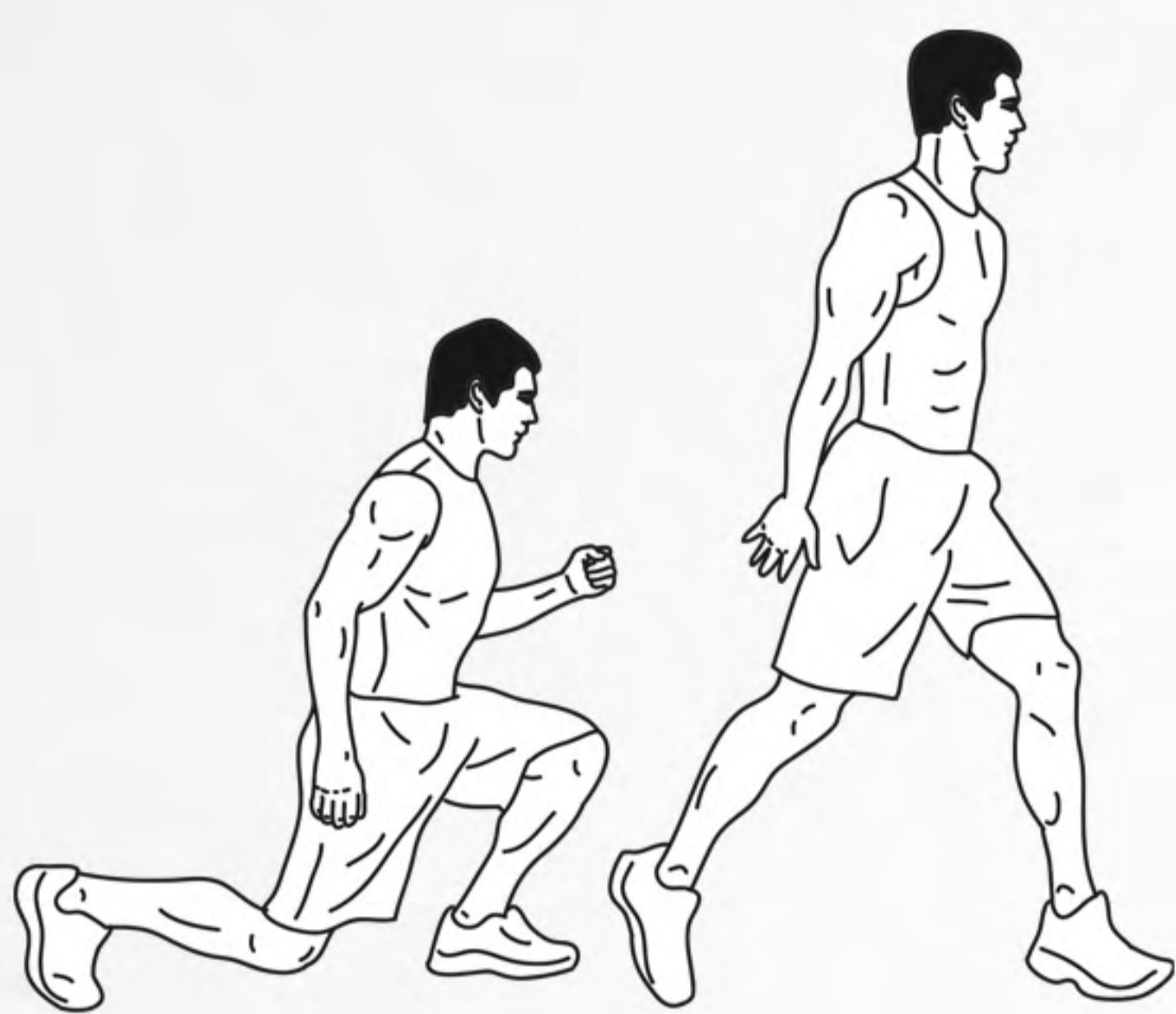


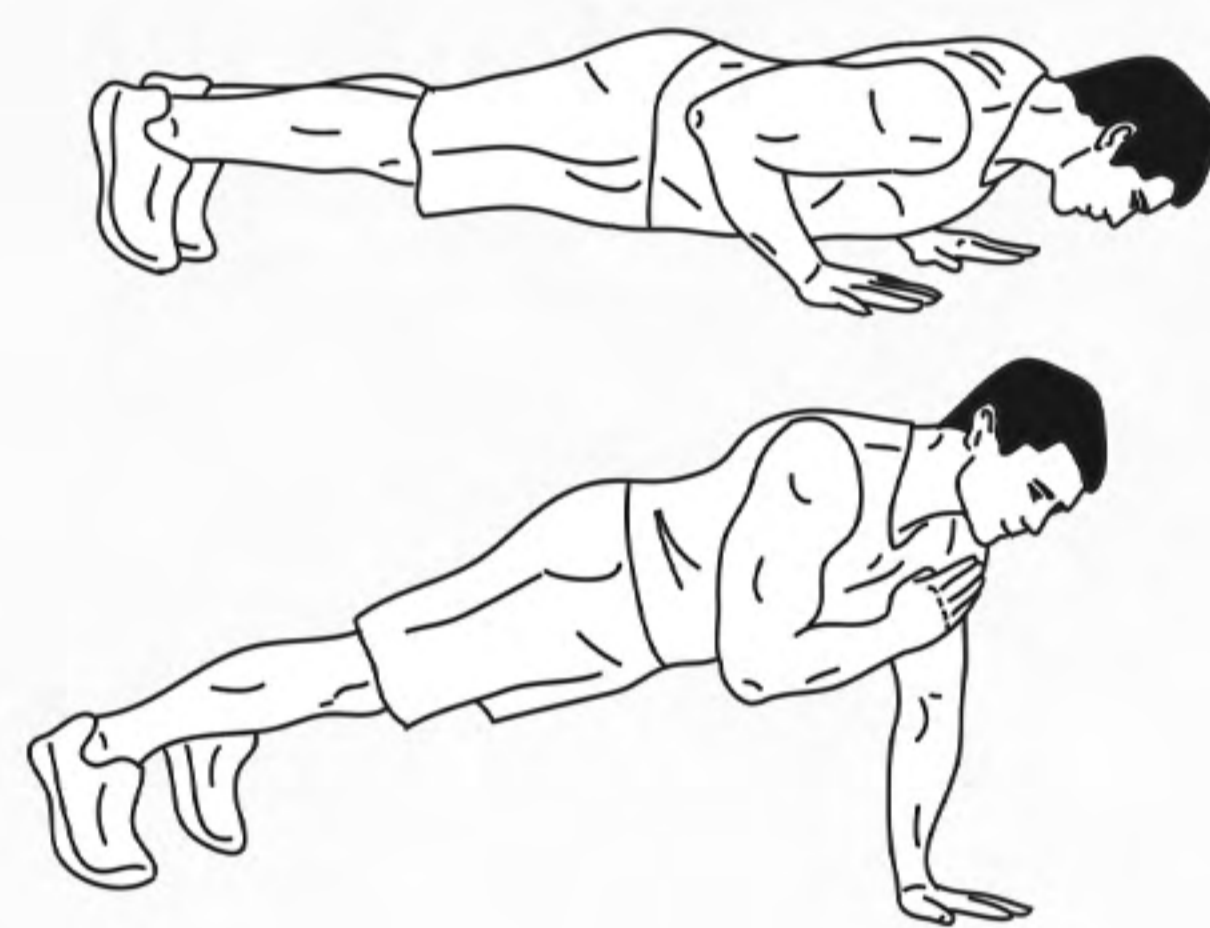
# WARFORM

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

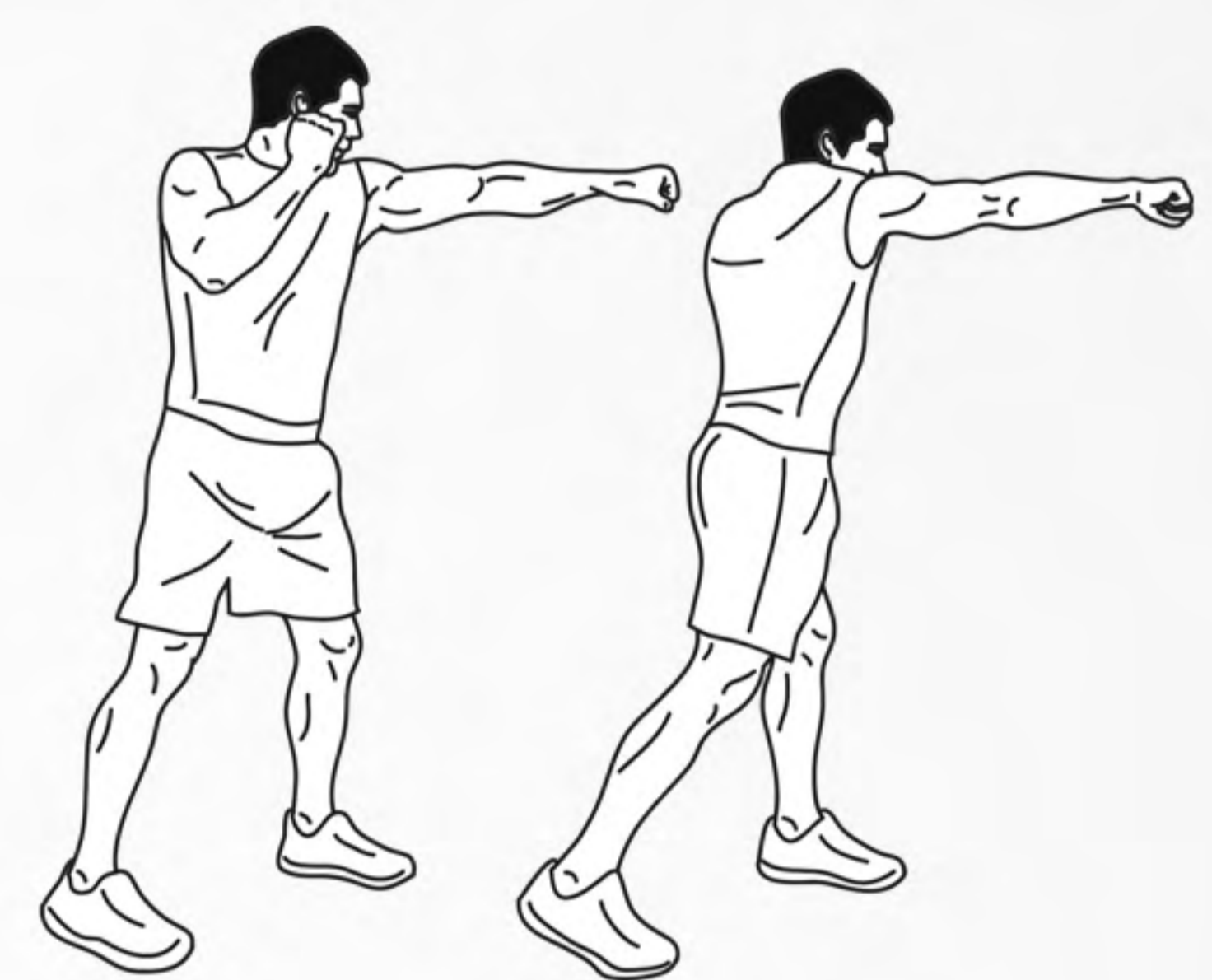
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



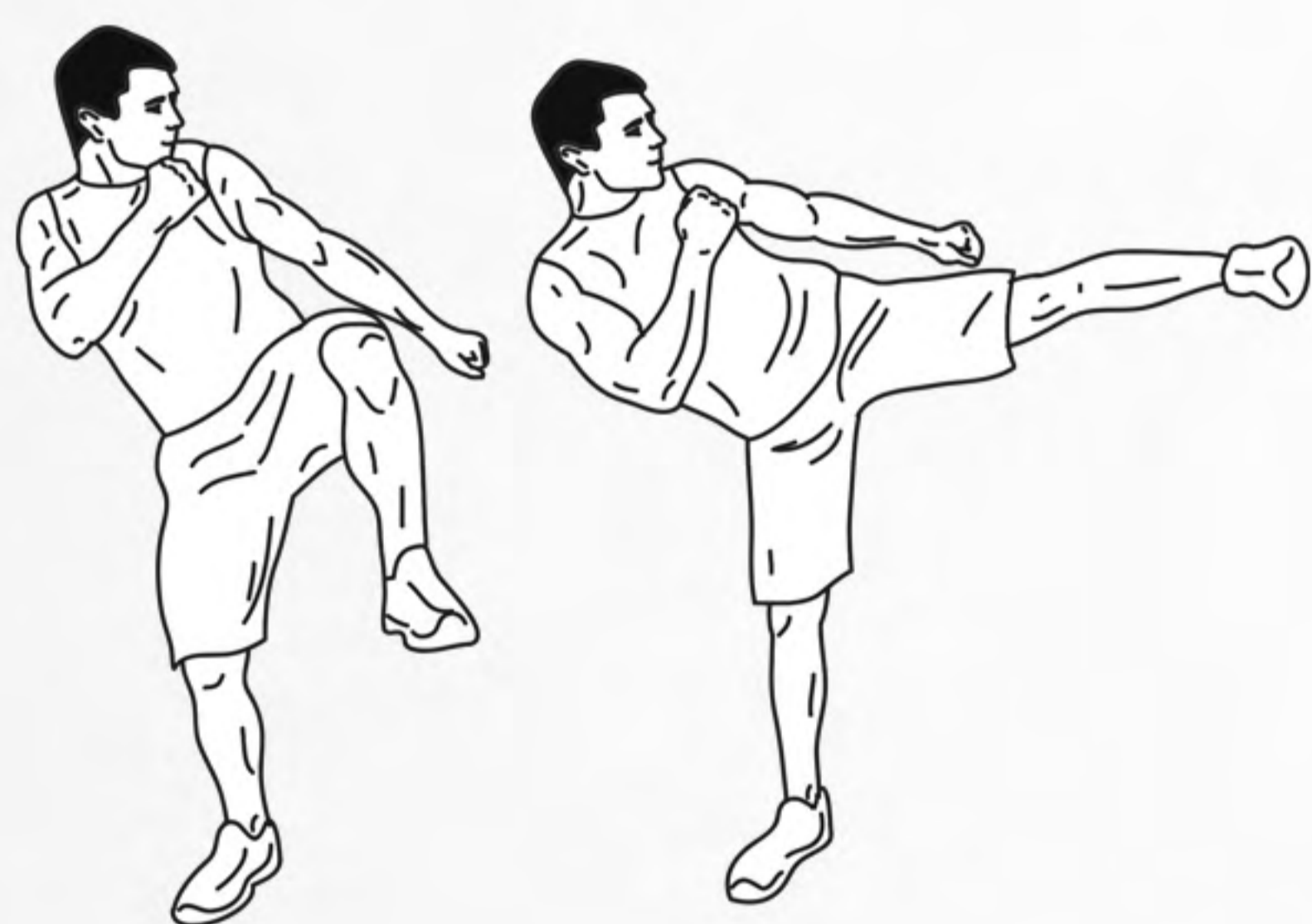
**10** jumping lunges



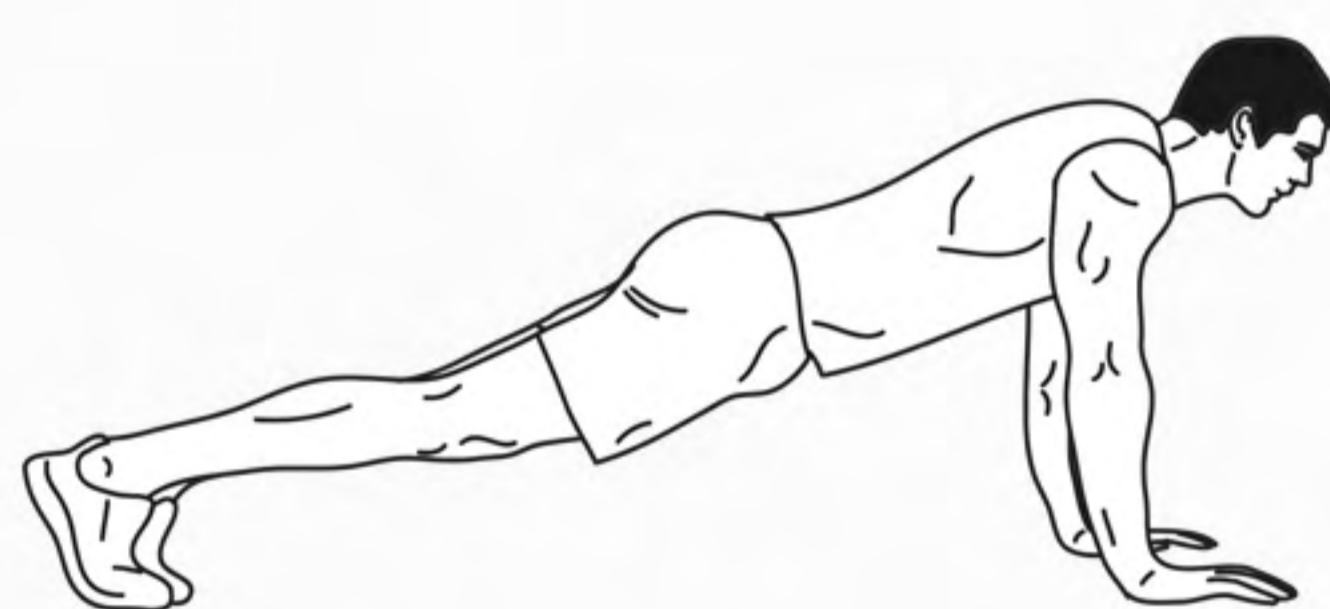
**10** push-up shoulder taps



**20** punches



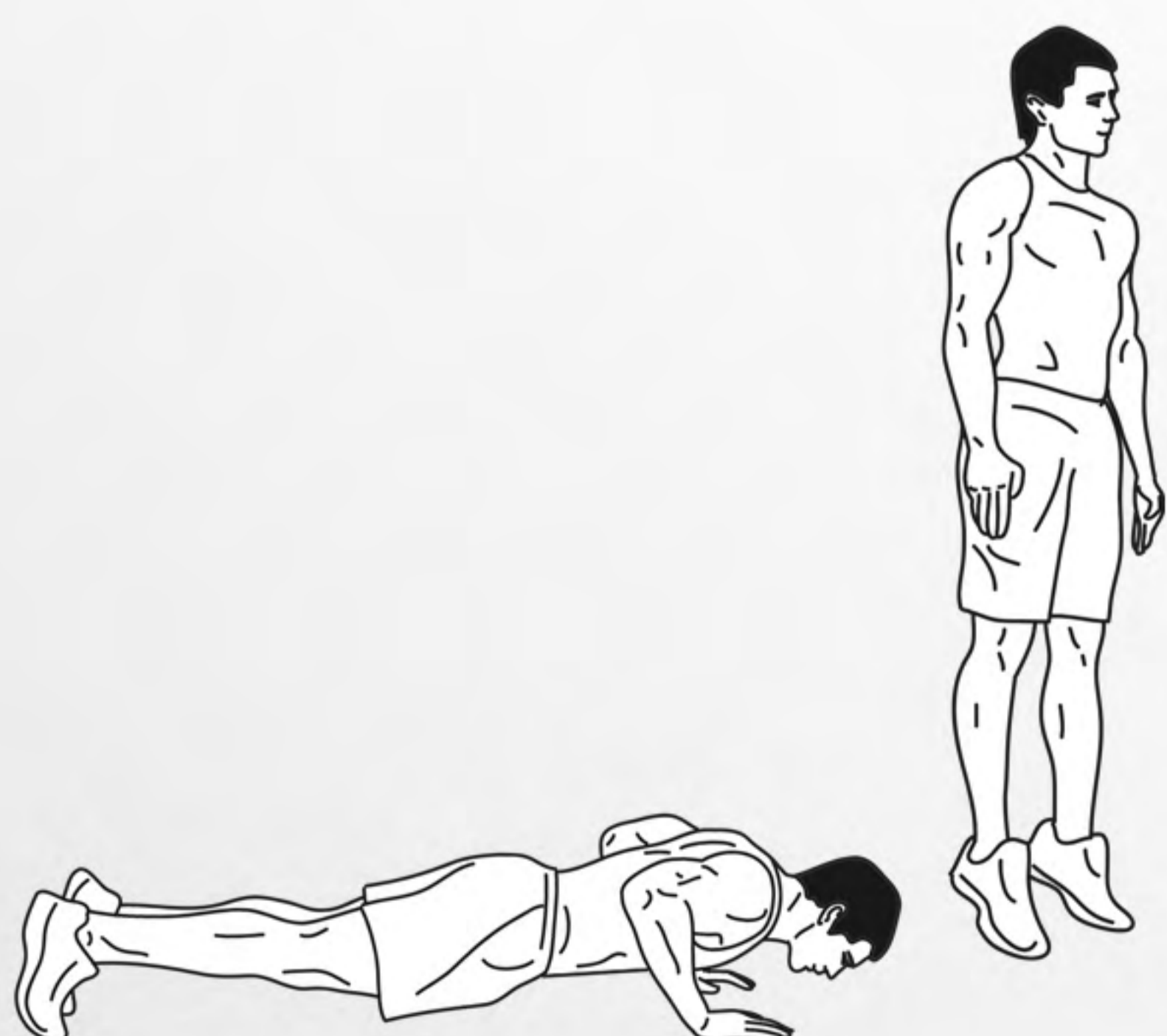
**20** side kicks



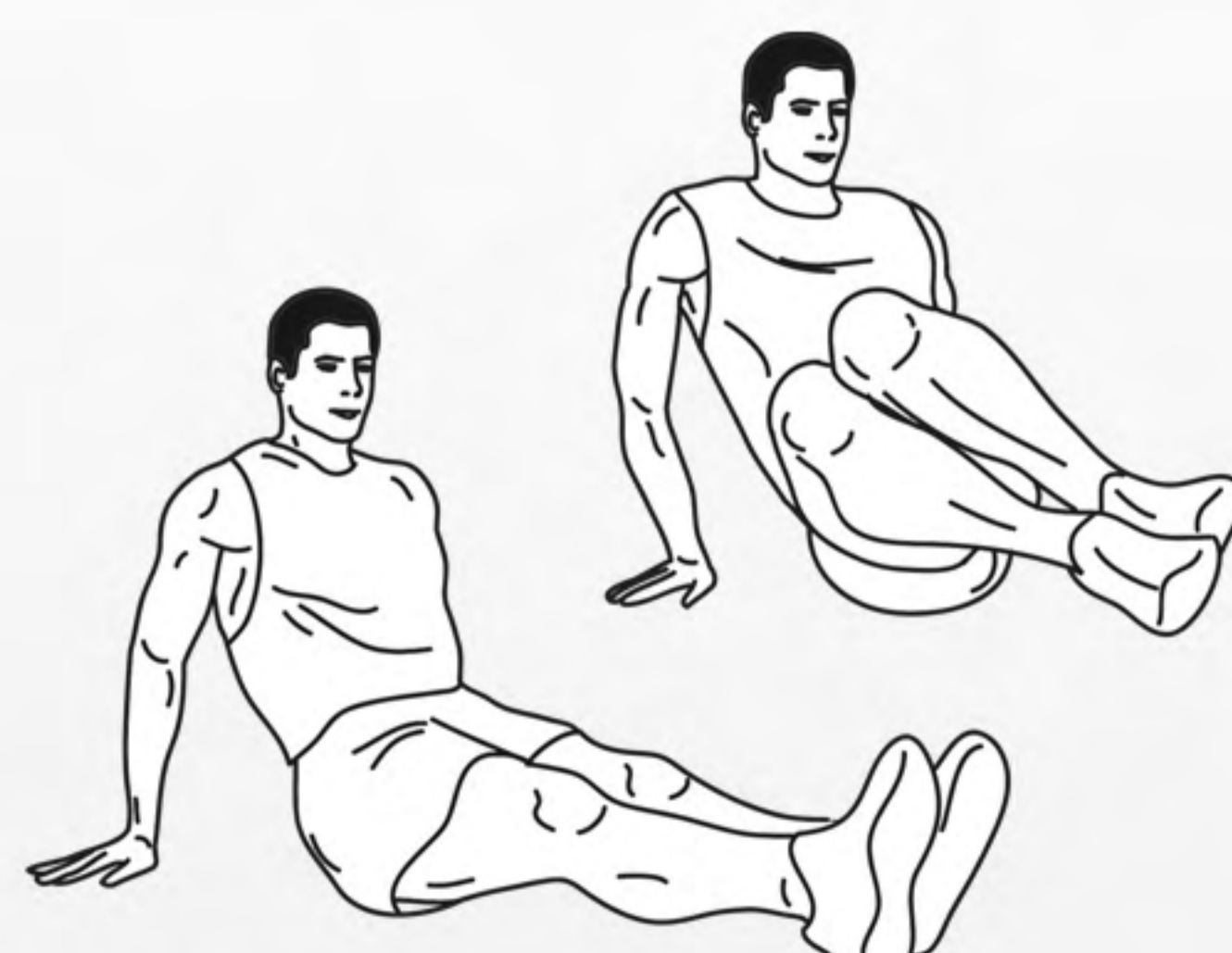
**10-count** plank hold



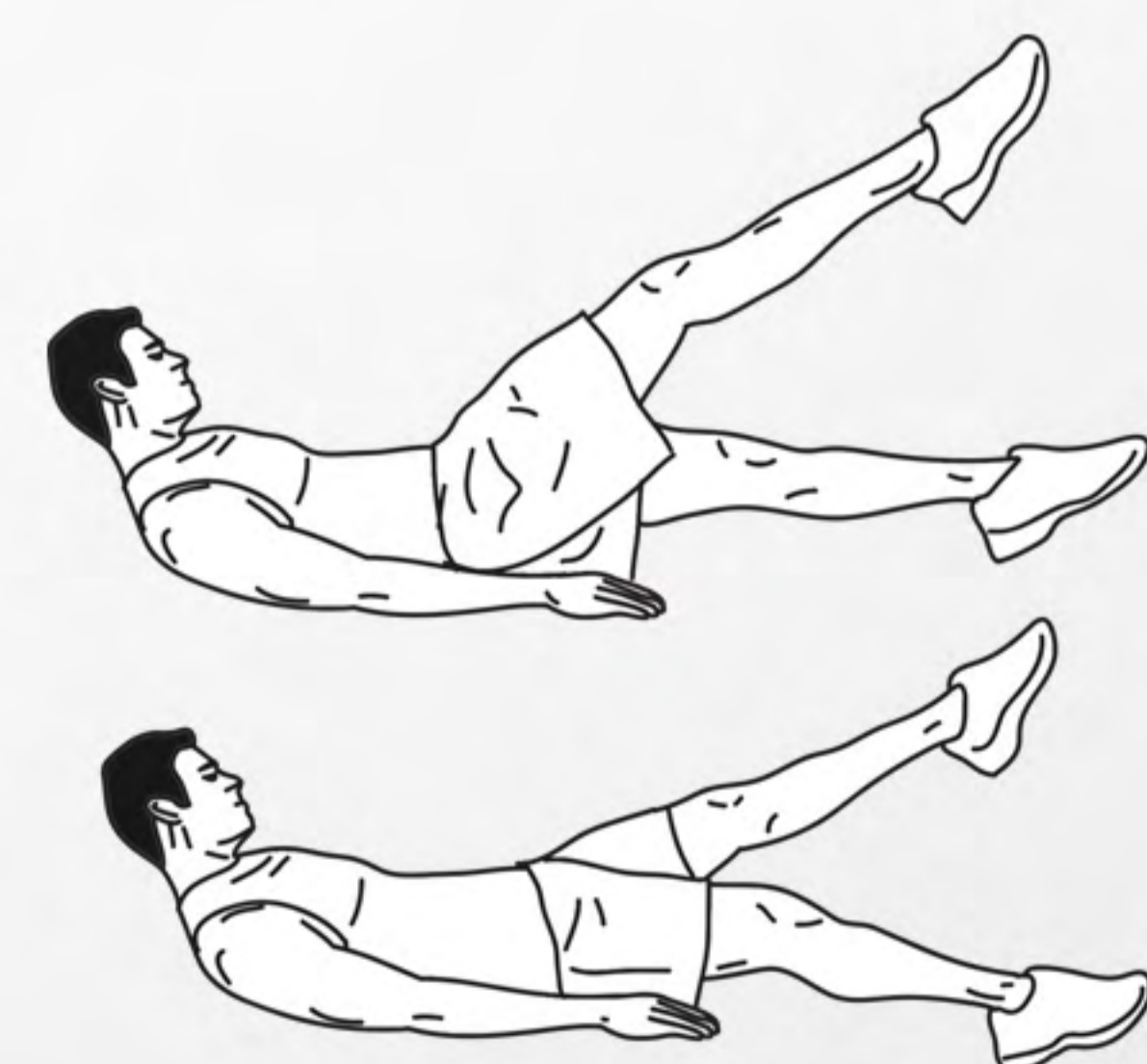
**10** plank rotations



**5** burpees



**10** knee-in & twists



**20** flutter kicks