

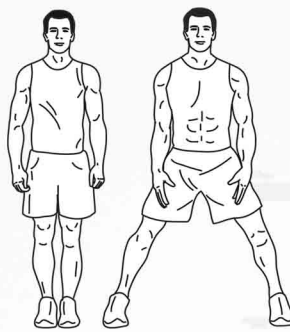
# WIRED

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

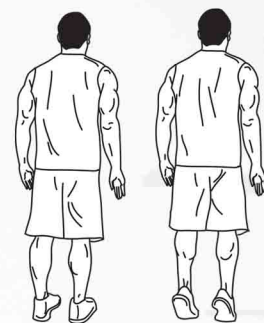
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



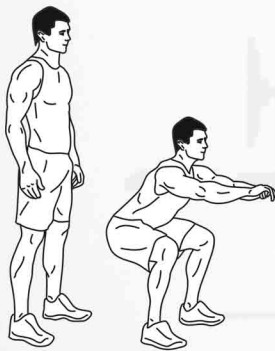
**20** high knees



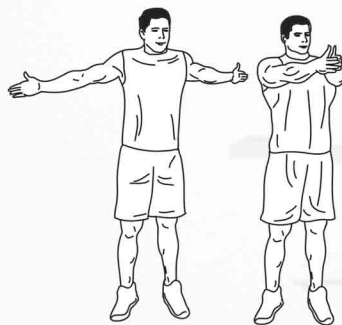
**20** half jacks



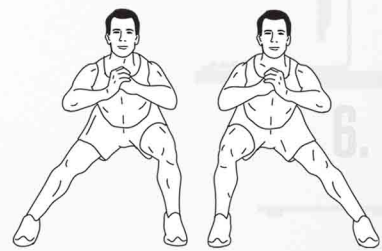
**10** calf raises



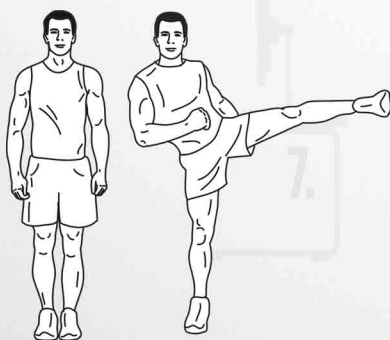
**20** squats



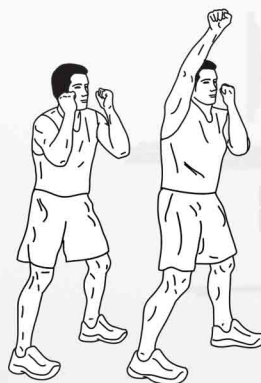
**20** chest expansions



**10** side-to-side lunges



**20** side leg raises



**60** overhead punches



**40sec** leg stand