

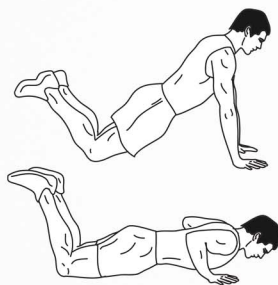
WORTH IT!

DAREBEE WORKOUT @ darebee.com

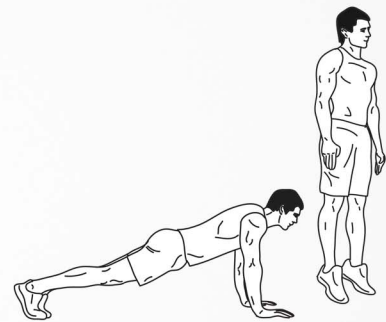
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



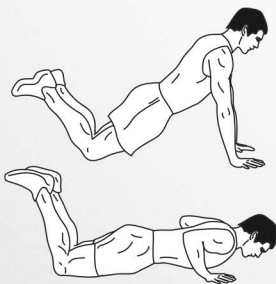
20 high knees



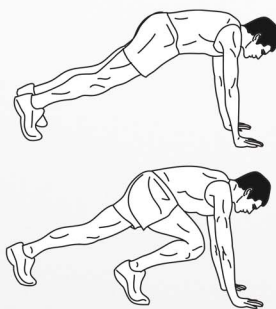
4 knee push-ups



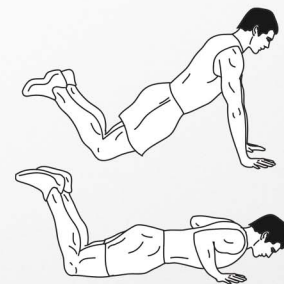
4 basic burpees



4 knee push-ups



20 slow climbers



4 knee push-ups