

# GAMBIT

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

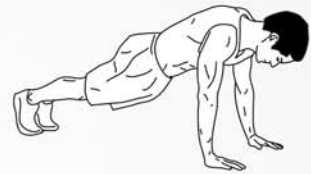
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** squats



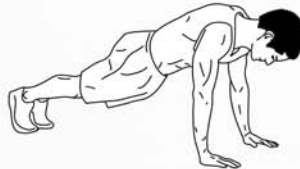
**6** plank walk-outs



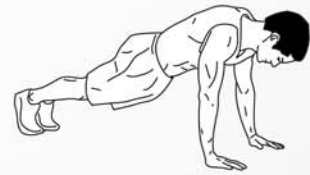
**10-count** plank hold



**20** squats



**6** slow push-ups



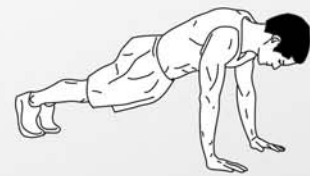
**10-count** plank hold



**20** squats



**6** plank-into-lunges



**10-count** plank hold