

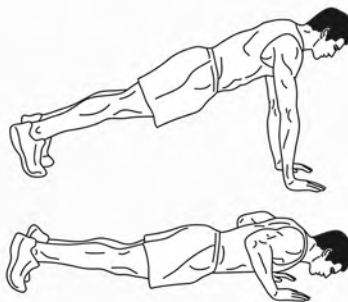
# NIGHT SHIFT

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

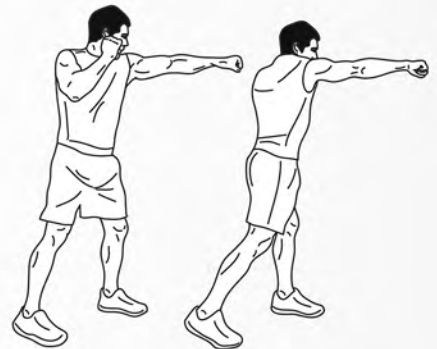
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



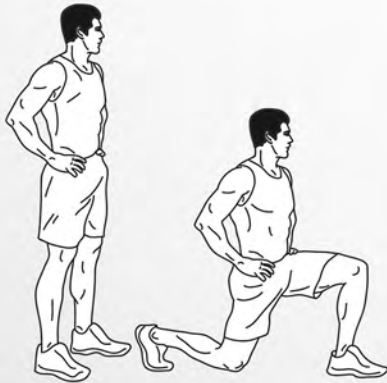
**20** squats



**20** push-ups



**20** punches



**20** lunges



**20sec** plank



**40sec** side plank