

# TRIMMER

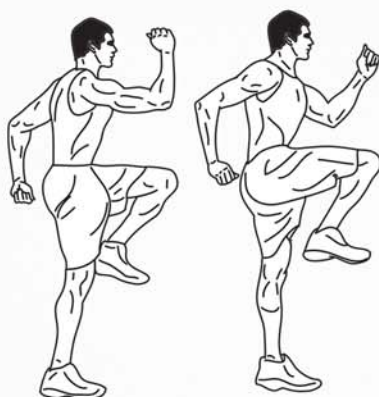


DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



**20** high knees



**20** march steps



**20** high knees



**20** reverse lunges



**20** high knees



**20** knee-to-elbow twists