

Strength & Stamina

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
30 seconds each exercise



squats



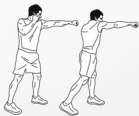
squat hold



jump squats



push-ups



punches