

# THE UPGRADE

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

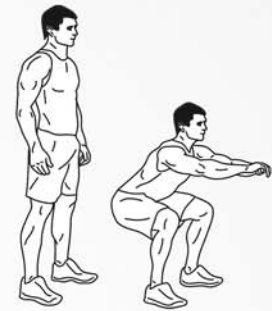
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



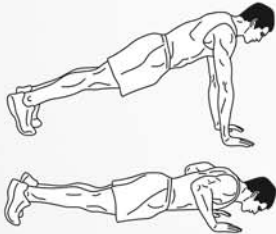
10 squats



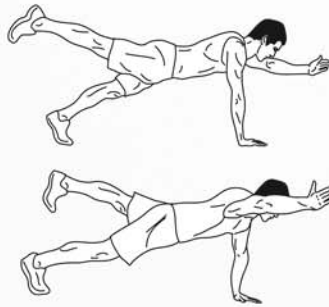
6 jump squats



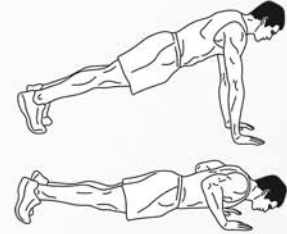
10 squats



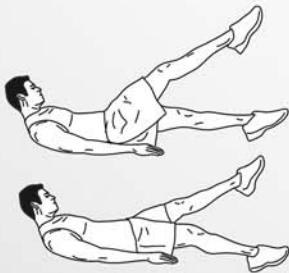
10 push-ups



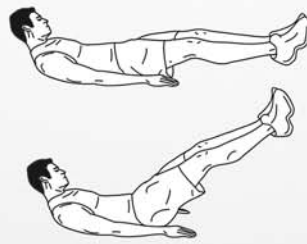
6 alt arm / leg raises



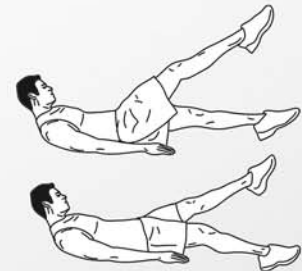
10 push-ups



10 flutter kicks



6 leg raises



10 flutter kicks