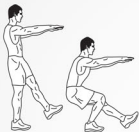


THE BEAST

DAREBEE WORKOUT © darebee.com

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



10 pistol squats



10 sit-ups



10 reverse crunches



5 push-ups



10 thigh taps



5 push-ups



10 side-to-side hops



5 back kicks



60sec plank