

# HOLD MY BEER

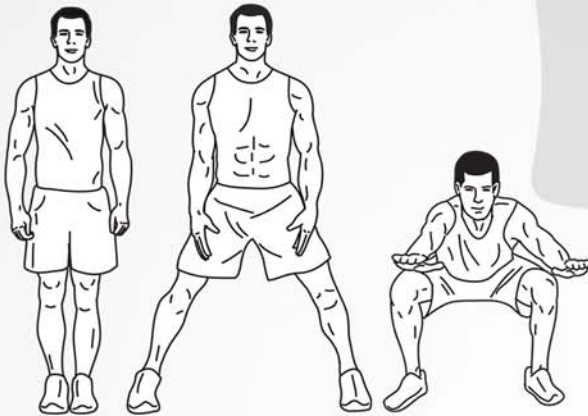
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

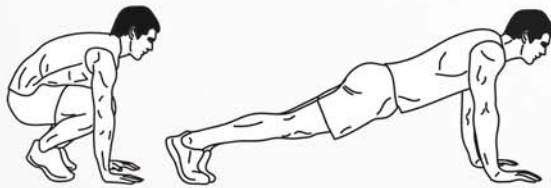
LEVEL III 7 sets

REST up to 2 minutes



**10** half jack squats

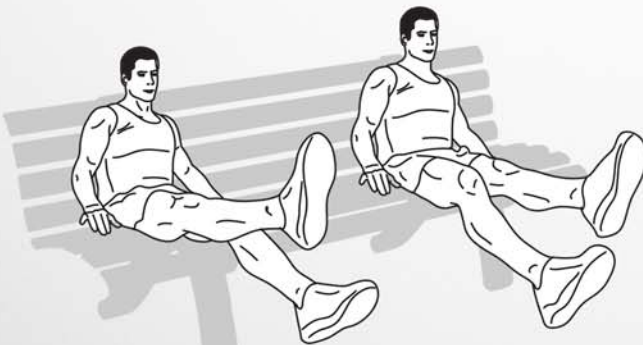
**10-count** squat hold



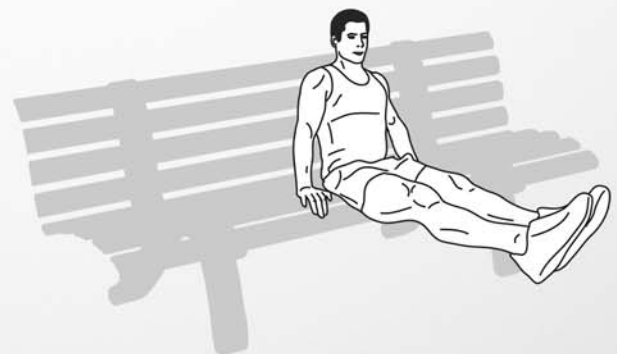
**10** basic burpees



**10-count** plank hold



**10** flutter kicks



**10-count** raised legs hold