

# BLACKSMITH

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



**20-count** squat hold



**20** squats



**20-count** squat hold



**10-count** push-up hold



**10** push-ups



**10-count** push-up hold



**10-count** hollow hold



**10** V-ups



**10-count** hollow hold