

# BODY+ PATCH

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



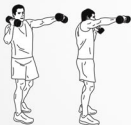
40 squats



40 slow climbers



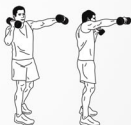
20 lunges



40 punches



20 push-up + renegade row



40 punches



20-count plank



20-count raised leg plank



20-count side plank