

# BODY PATCH

DAREBEE WORKOUT  
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LEVEL I 3 sets

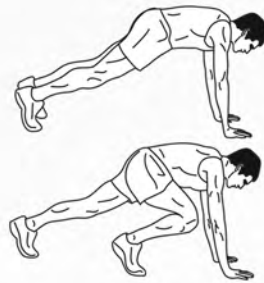
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



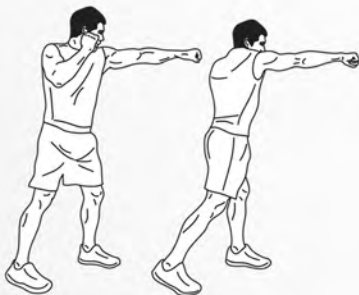
**10** squats



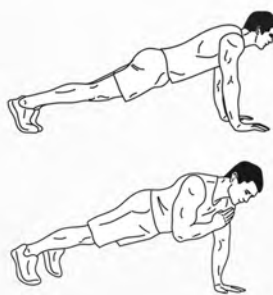
**10** slow climbers



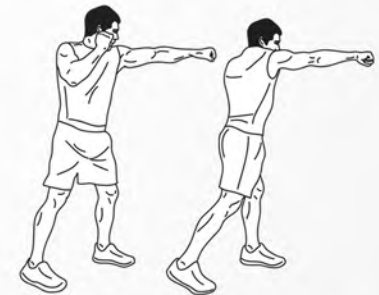
**10** lunges



**20** punches



**20** shoulder taps



**20** punches



**20sec** elbow plank hold



**20sec** raised leg plank



**20sec** side elbow plank