

# **BOLD** **CHOICE**

DAREBEE  
WORKOUT

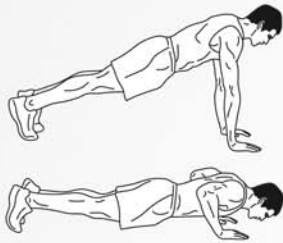
[@ darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

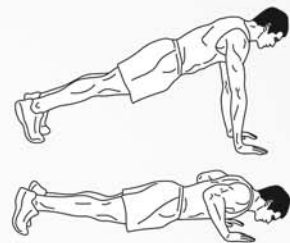
2 minutes rest



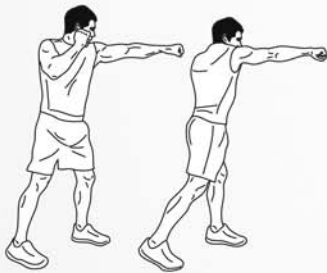
**2** push-ups



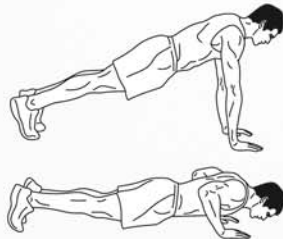
**10** squats



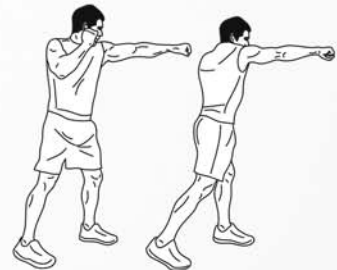
**2** push-ups



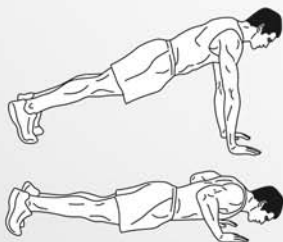
**10** punches



**2** push-ups



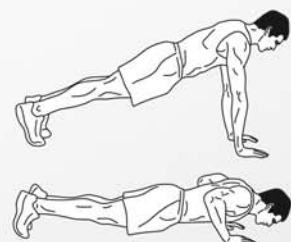
**10** punches



**2** push-ups



**10** squats



**2** push-ups