

BOOTCAMP

DAREBEE WORKOUT @ darebee.com

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



5 squats



10 squat + hook



10-count squat hold



5 push-ups



10 plank step-out + punches



10-count plank



5 sit-ups



10 sit-up punches



10-count sit-up hold