

Command & Control

DAREBEE WORKOUT @ darebee.com

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



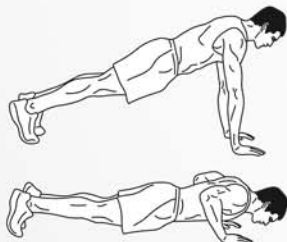
20 lunges



10-count calf raise hold



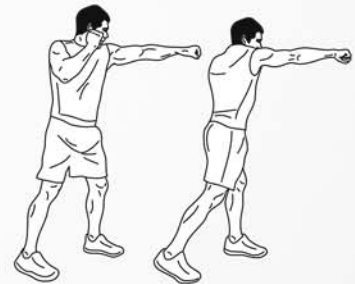
10 jump squats



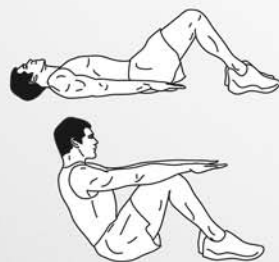
20 push-ups



10-count push-up hold



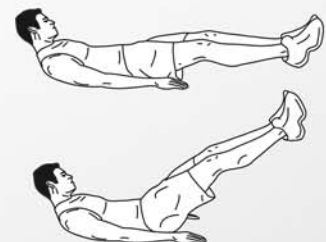
40 punches



20 sit-ups



10-count leg raise hold



10 leg raises