

THE **EPIC** UPGRADE

DAREBEE WORKOUT @ darebee.com

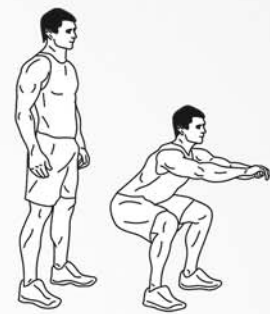
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



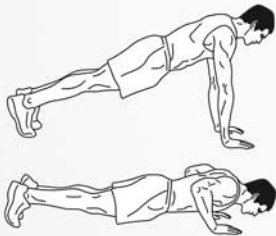
20 squats



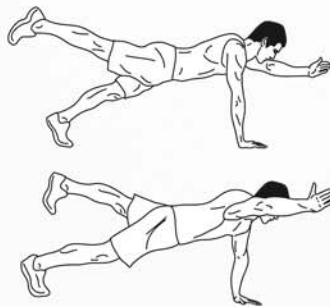
10 jump squats



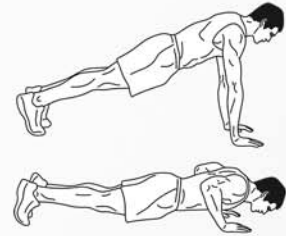
20 squats



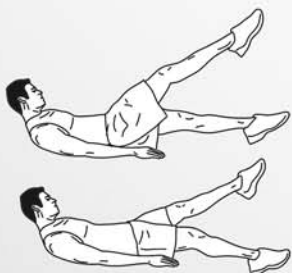
15 push-ups



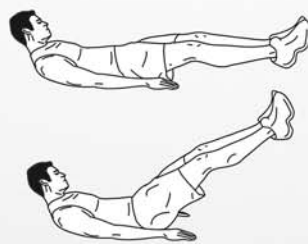
10 alt arm / leg raises



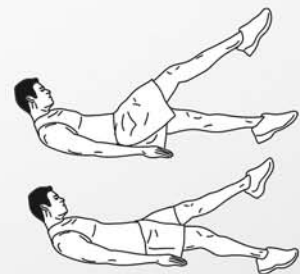
15 push-ups



20 flutter kicks



10 leg raises



20 flutter kicks