

# EVERYDAY HERO

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

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



**20** high knees



**10-count** plank hold



**20** high knees



**5** calf raises



**10-count** plank hold



**5** calf raises



**10** reverse lunges



**10-count** plank hold



**10** reverse lunges