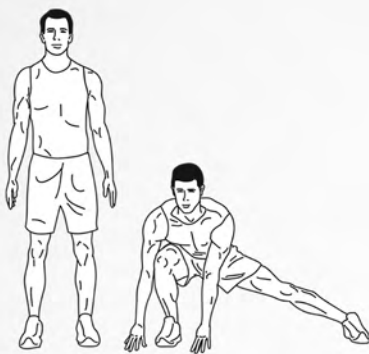


# FEARLESS

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

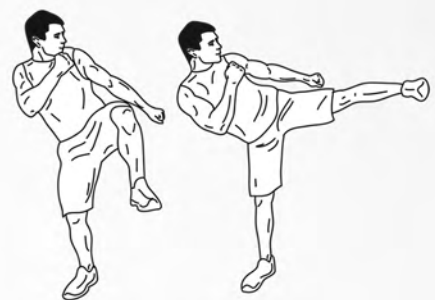
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



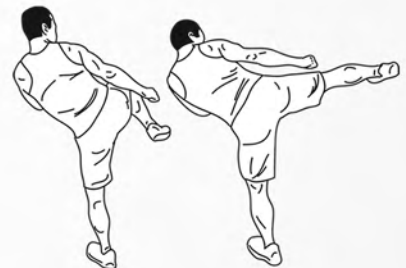
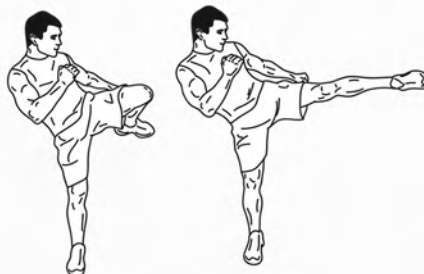
**20** side lunges



**20** squats



**20** side kicks



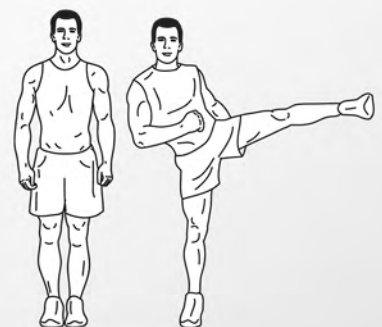
**20 combos** knee strike + step forward + turning kick + step forward + side kick



**20** calf raises



**20** squats



**20** side leg raises