

GRIT & GRACE

WORKOUT
BY DAREBEE

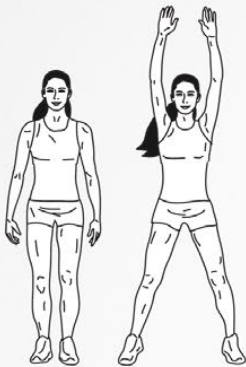
[@ darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



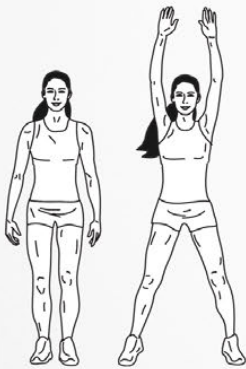
10 jumping jacks



10 pacer steps



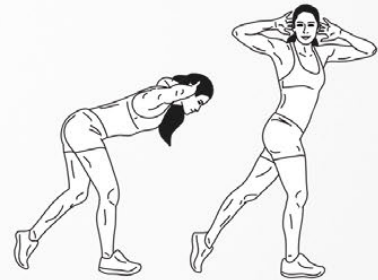
10 squat hold calf raises



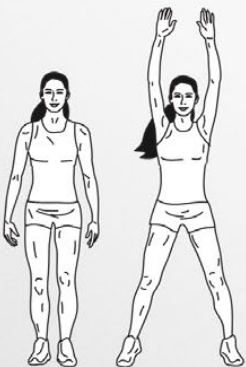
10 jumping jacks



10 pacer steps



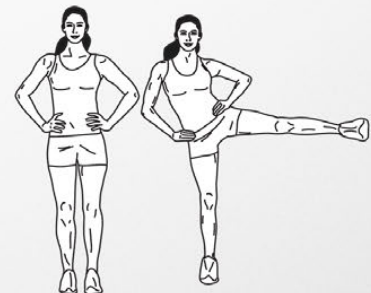
10 deadlifts with twist



10 jumping jacks



10 pacer steps



10 side leg raises