

THE GUT

DAREBEE WORKOUT

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Level I 3 sets

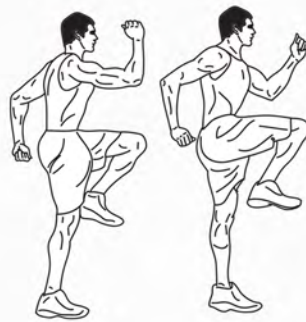
Level II 5 sets

Level III 7 sets

2 minutes rest

10 march steps

10 high knees



10 march steps

10 climbers



10 march steps

10 knee-to-elbow

