

# WOW, THAT'S HARD

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

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



10 squats

5 burpees

10 squats

5 burpees

10 squats

5 burpees

10 squats

5 burpees



10 squats

5 burpees