

# I've Got This!

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

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



14 reverse lunges



14 calf raises



14 side-to-side lunges



14 shoulder taps



14 plank leg raises



14 plank rotations



14 tricep dips