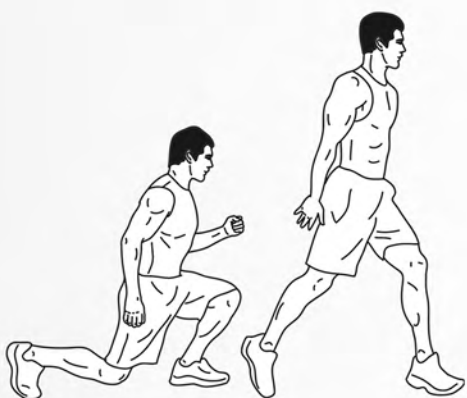


# 核心工務之

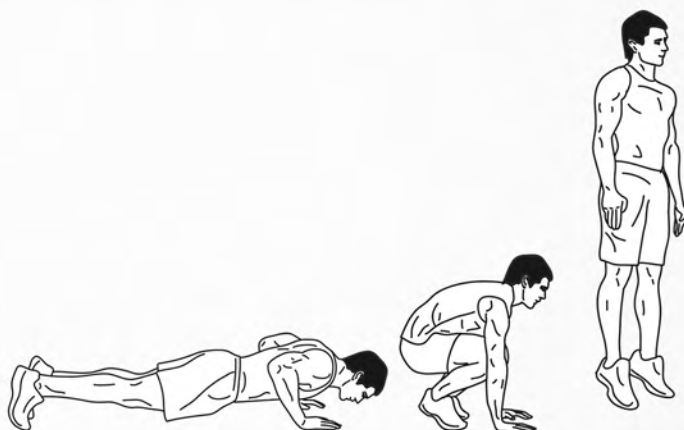
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

2 minutes rest between sets



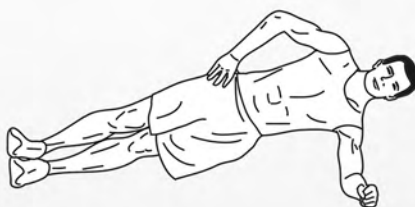
**30** jumping lunges



**30** burpees



**1min** elbow plank



**1min** side elbow plank



**1min** wall sit