

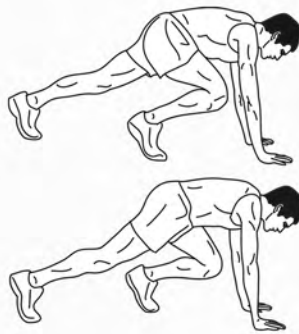
# LEAN & MEAN

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

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



**20** high knees



**20** climbers



**20** high knees



**10** knee-to-elbows



**10** leg raises



**10** knee-to-elbows