

# NEXT LEVEL

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

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



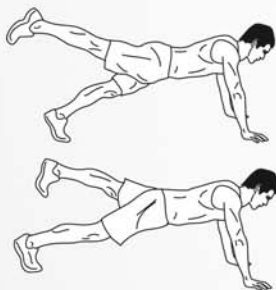
**10** reverse lunges



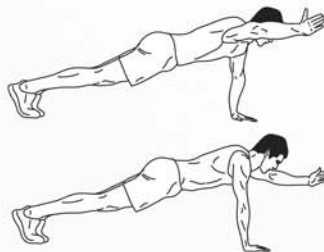
**10** lunge step-ups



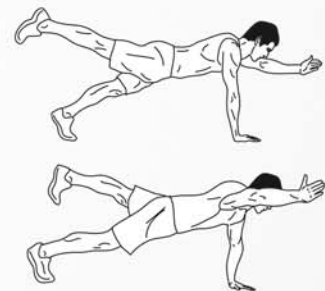
**10** forward lunges



**10** plank leg raises



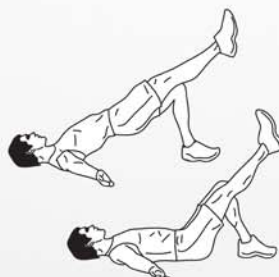
**10** plank arm raises



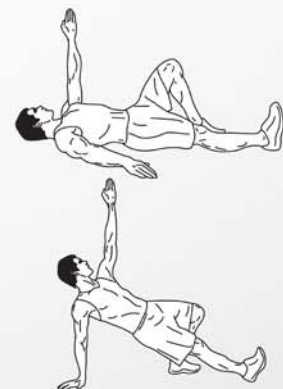
**10** alt arm / leg raises



**10** bridges



**10** single leg bridges



**10** get-ups