

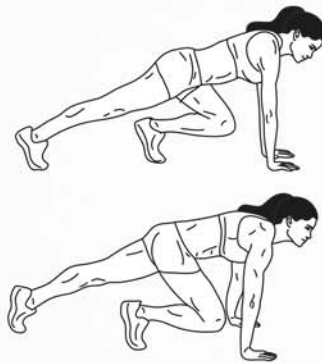
ONE BRAVE GIRL

DAREBEE WORKOUT @ darebee.com

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



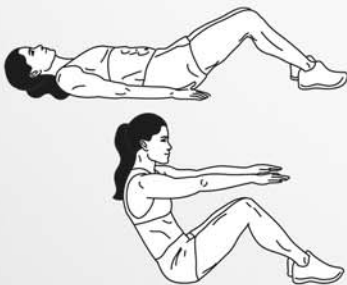
20 high knees



10 climbers



2 basic burpees



10 sit-ups



10 reverse crunches



10 sitting twists