

# OVERLOAD

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

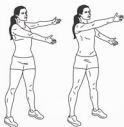
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**30** side jacks



**30** arm scissors



**30** scissor chops



**30** arm scissors



**30** step jacks



**30** knee-to-elbow