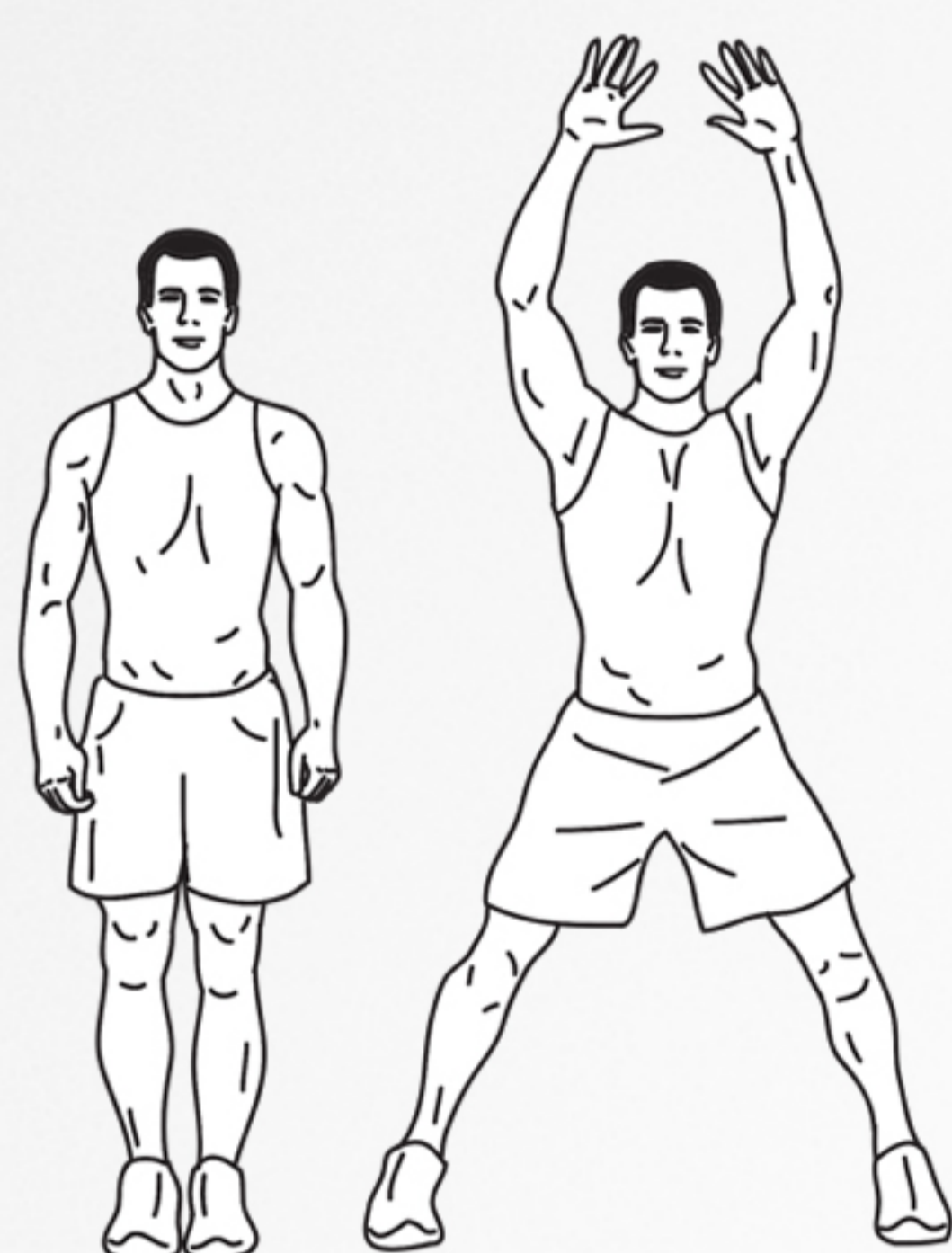


# OVERRIDE

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

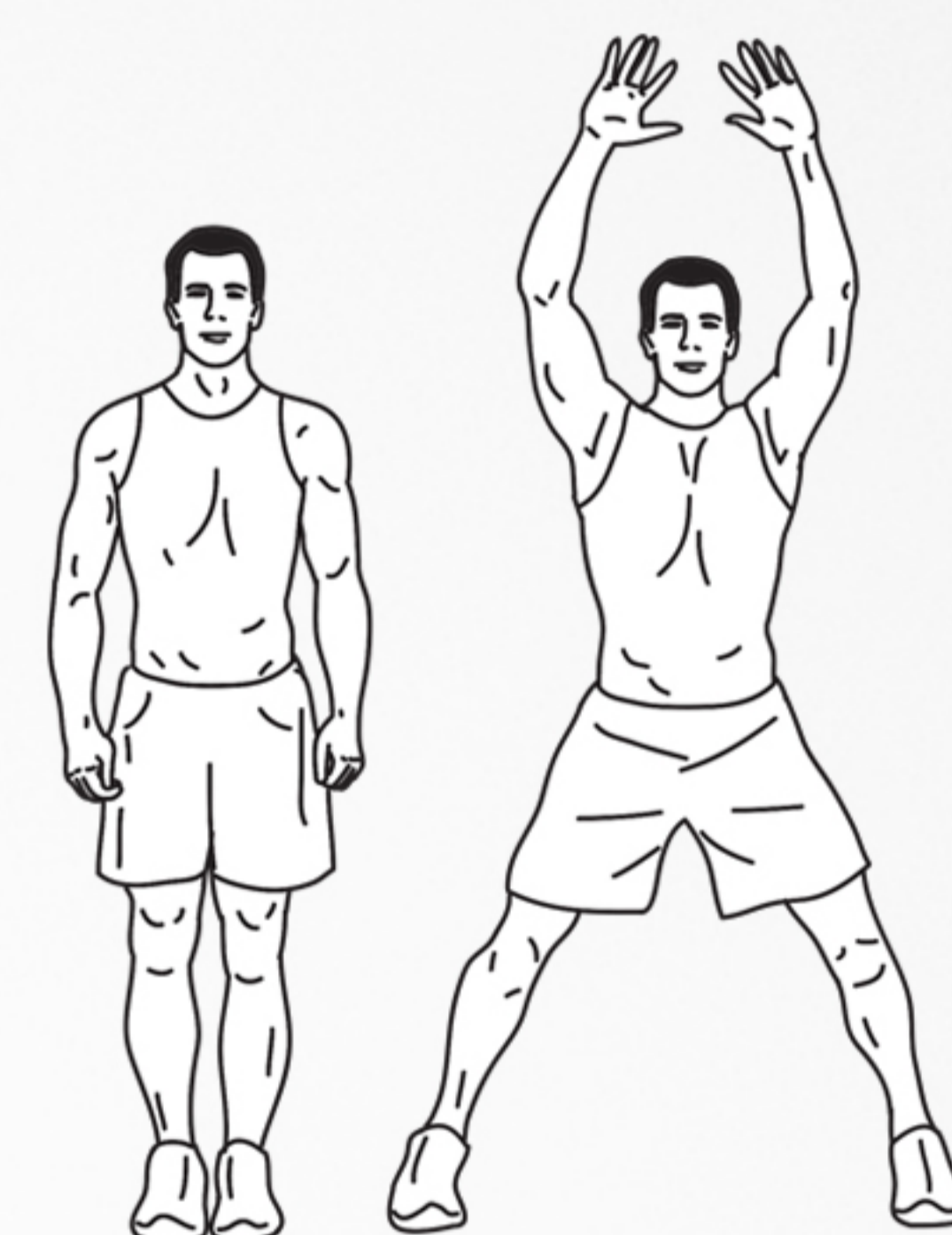
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** jumping jacks



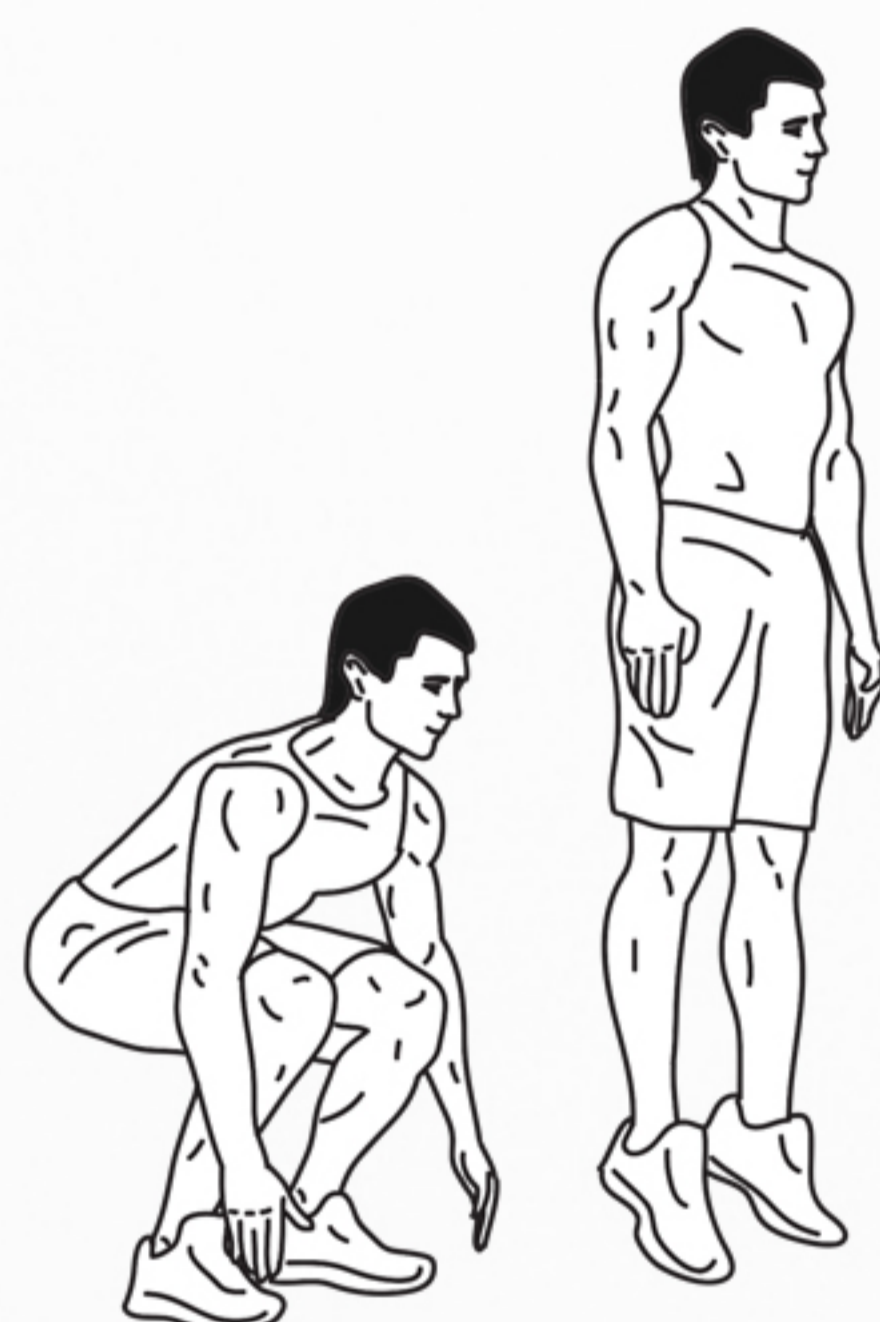
**10-count** squat hold



**20** jumping jacks



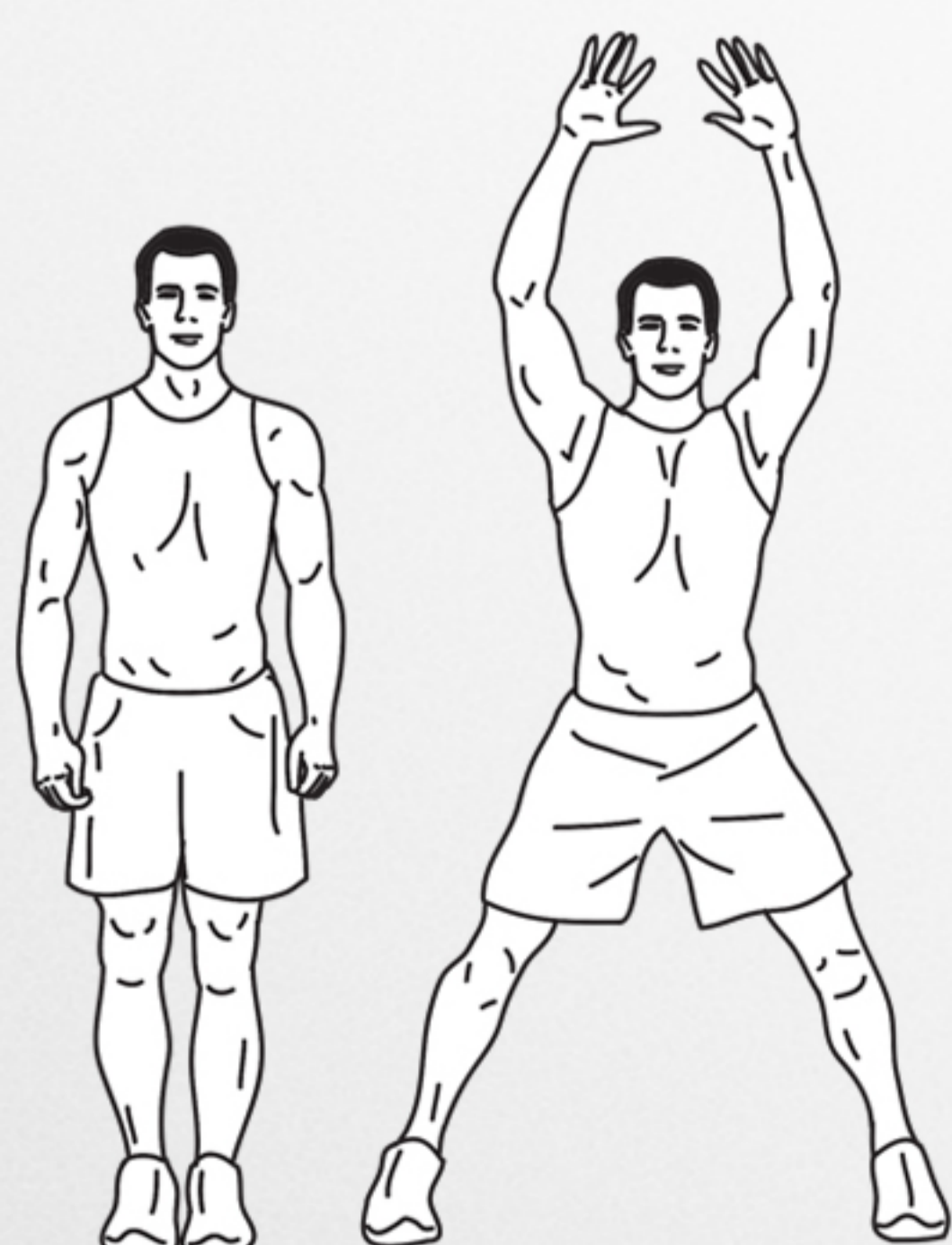
**10-count** squat hold



**4** jump squats



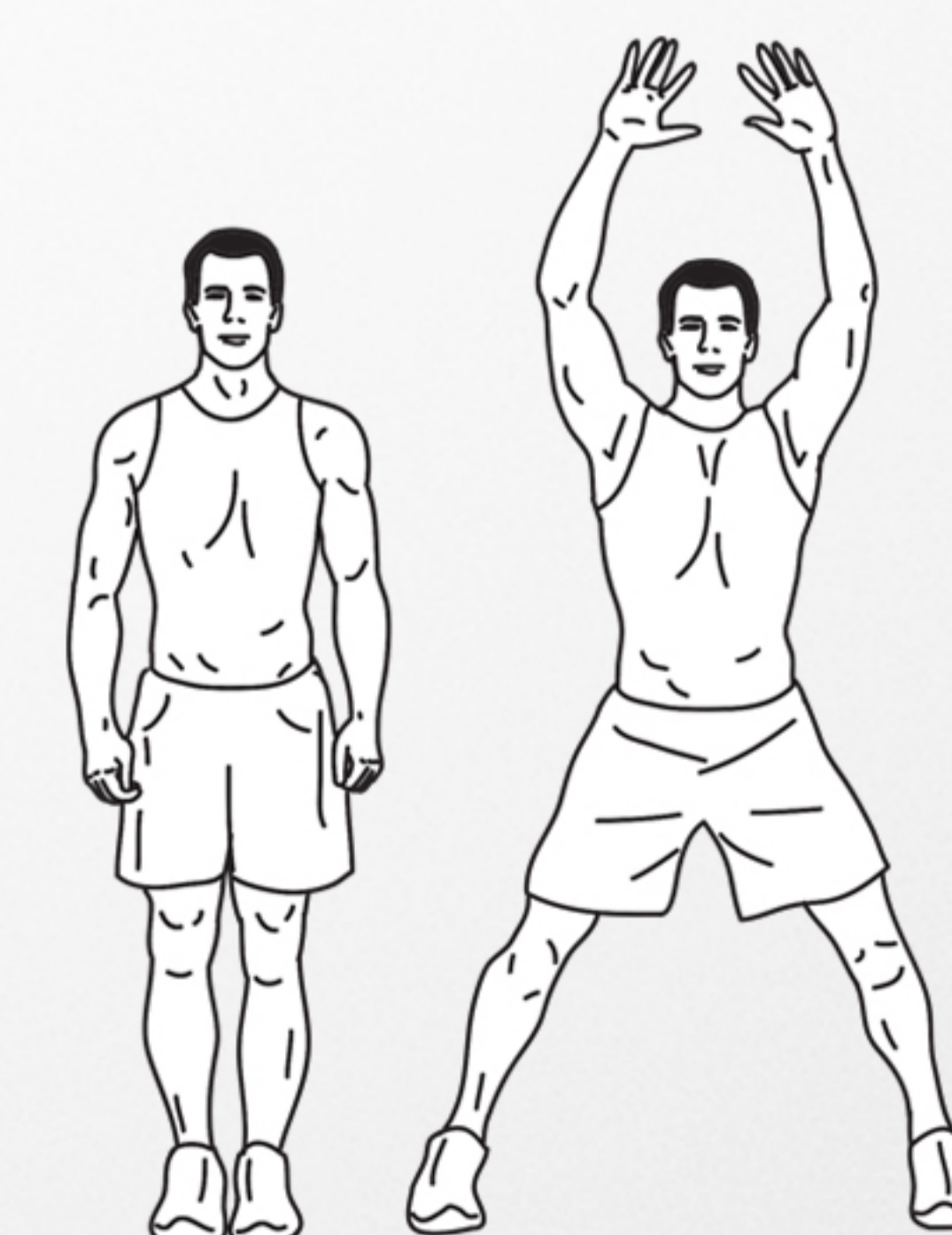
**10-count** squat hold



**20** jumping jacks



**10-count** squat hold



**20** jumping jacks