

# IT'S PARTY TIME

DAREBEE  
WORKOUT

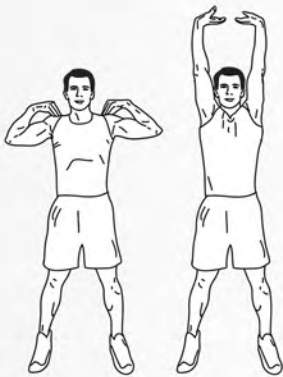
@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

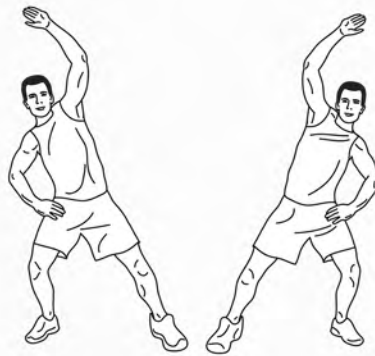
LEVEL II 5 sets

LEVEL III 7 sets

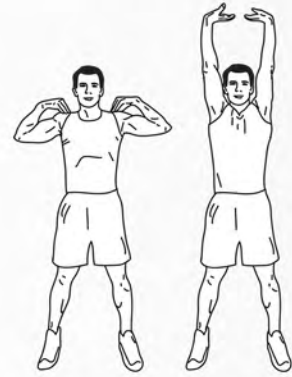
REST up to 2 minutes



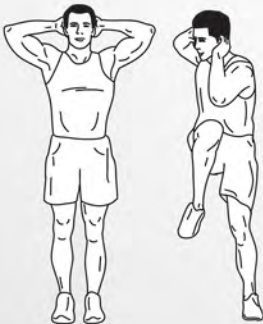
**20** shoulder taps



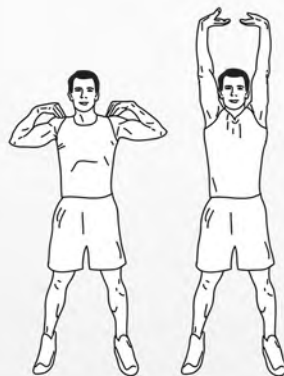
**10** side jacks



**20** shoulder taps



**10** knee-to-elbows



**20** shoulder taps



**10** knee-to-elbows