

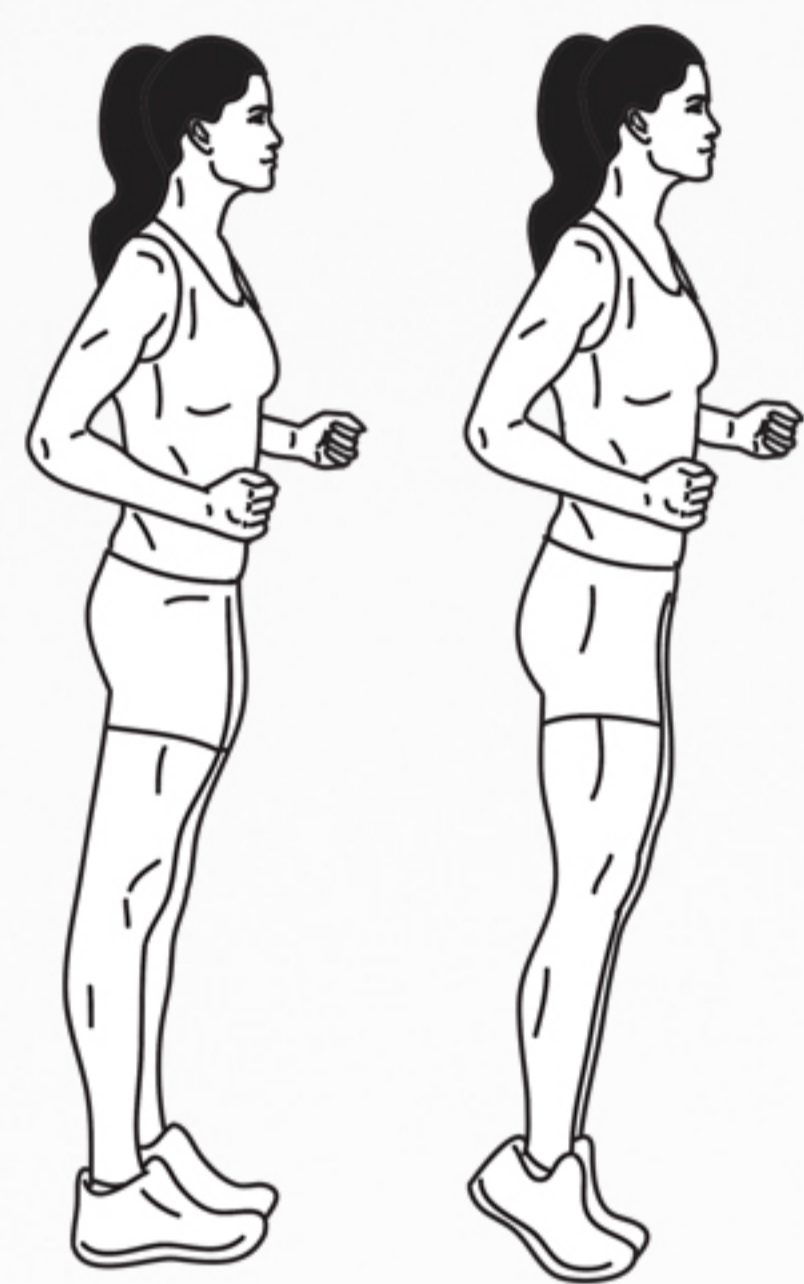
# PHANTOM

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

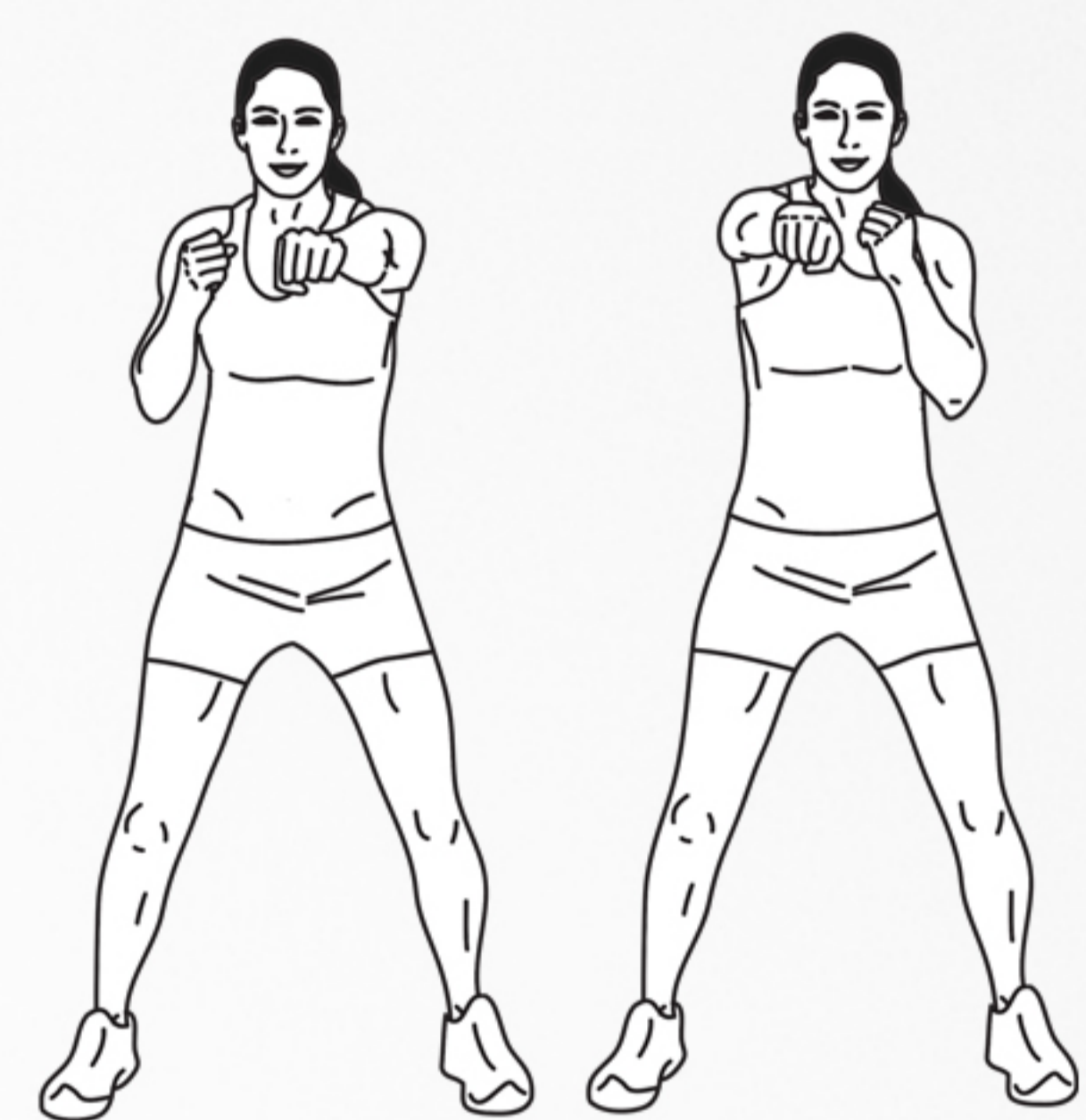
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** butt kicks



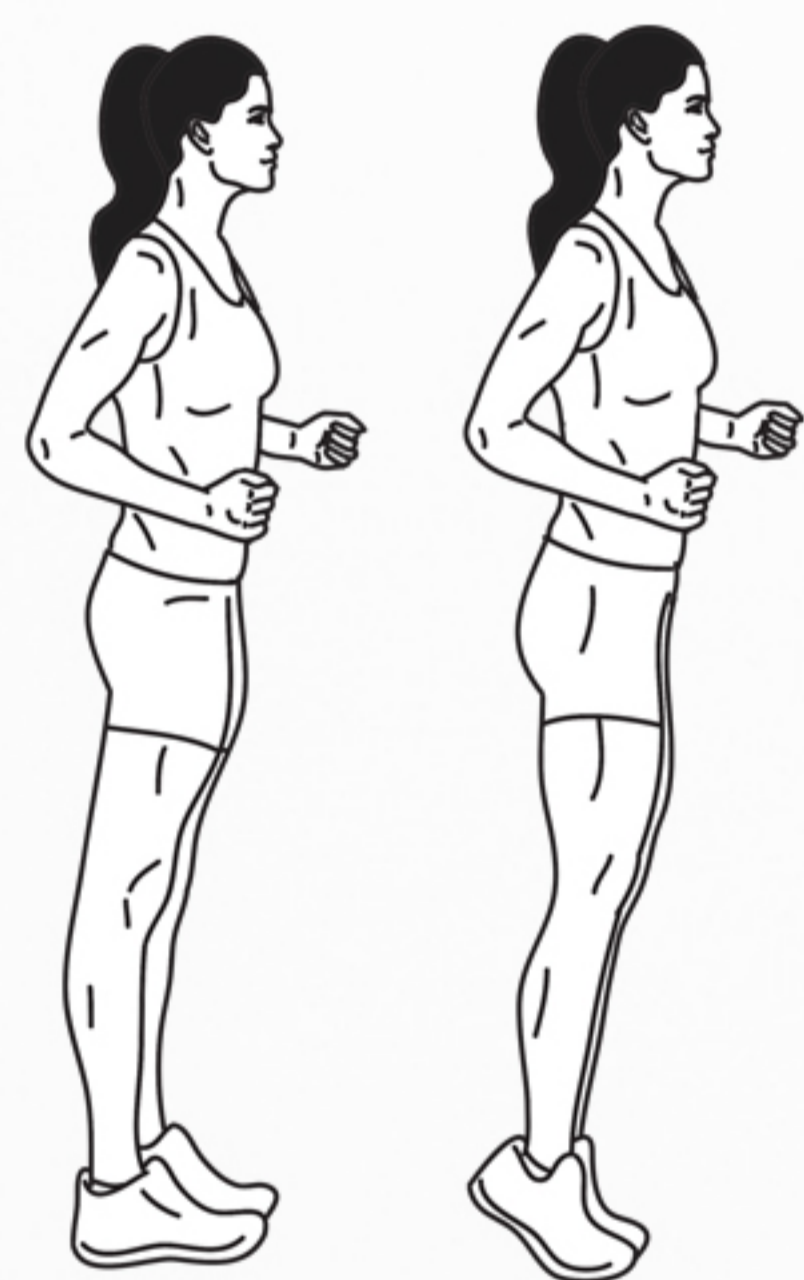
**5** calf raises



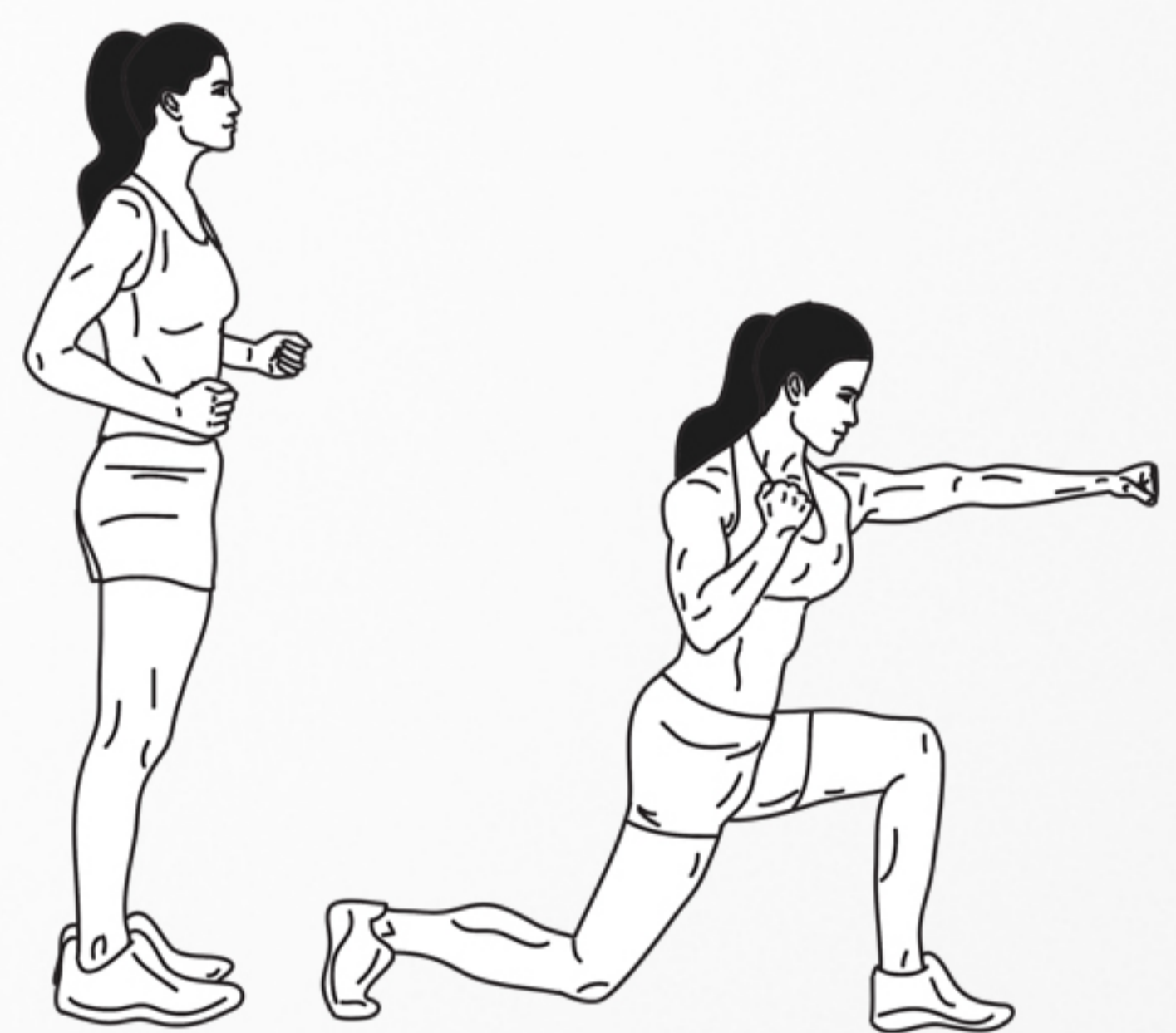
**20** punches



**20** butt kicks



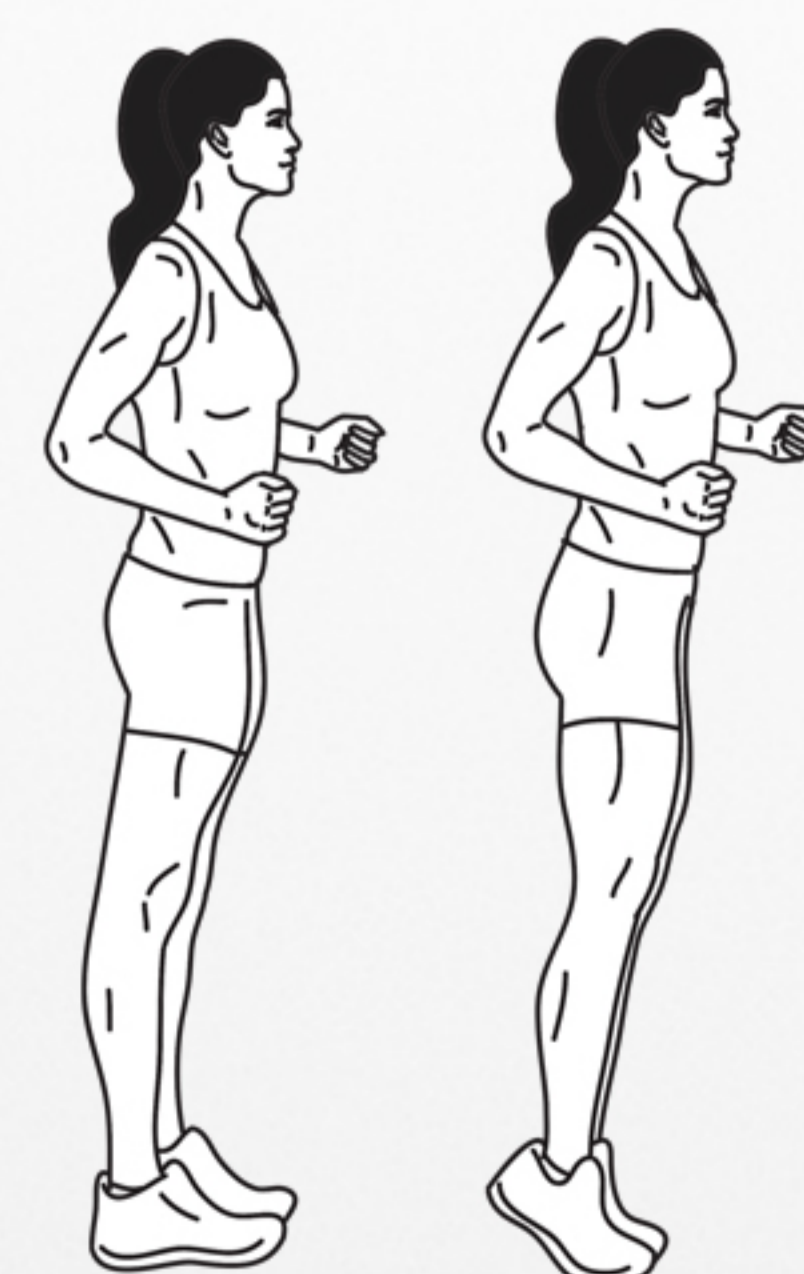
**5** calf raises



**10** lunge punches



**20** butt kicks



**5** calf raises



**20** march hooks