

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

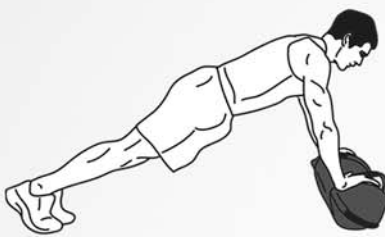
LEVEL II 4 sets

LEVEL III 5 sets

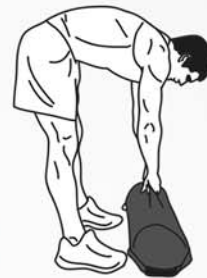
REST up to 2 minutes

POWER HOUSE

1 SET repeat each move once; whole circuit 10 times



1 push-up



2 deadlift



3 pick up, throw & catch



4 walk 20 steps forward



5 pick up, throw & catch



6 walk 20 steps back