

# **QUICK** SWISS ball

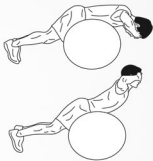
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

up to 2 minutes rest between sets



**10** sit-ups



**10** back extensions



**10** roll-ins



**10** push-ups