

# RABBIT HOLE

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

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



5 push-ups



10 up & down planks



5 push-ups



20 slow climbers



10 plank crunches



20 slow climbers



5 back extensions