

# RESOLUTE

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

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



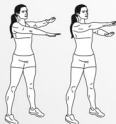
**20** squat kicks



**10** calf raises



**10** deadlift & twist



**20** arm scissors



**20** arm raises



**20** arm circles