

# STEELWORKS+

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

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



**20** double turning kicks



**20** alt bicep curls



**10** push-ups



**20** side kicks



**20** alt bicep curls



**10** push-ups



**20** back leg turning kicks



**20** alt bicep curls



**10** push-ups