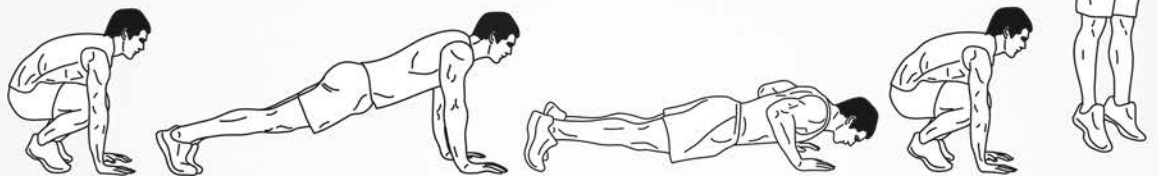


# #TAGGED

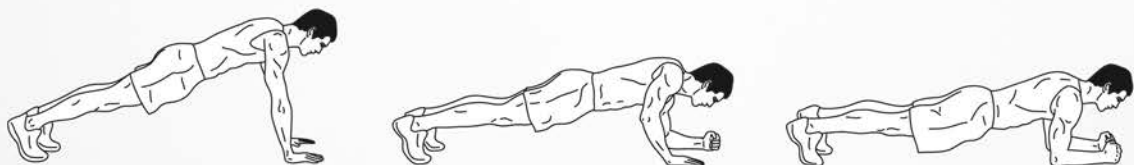
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



**10** burpees



**10** up and down planks



**10** diver push-ups