

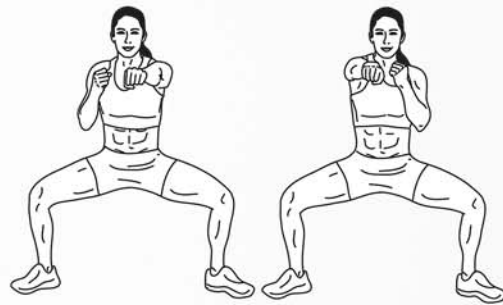
TODAY IS THE DAY

DAREBEE WORKOUT @ darebee.com

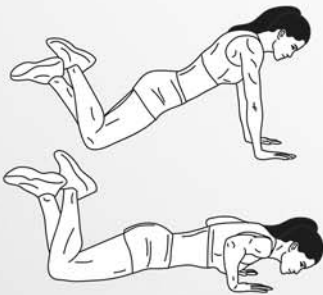
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



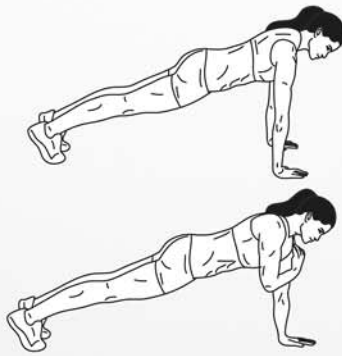
10 lunge step-ups



20 squat hold punches



10 knee push-ups



20 shoulder taps



10 plank rotations