

BODY PATCH

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

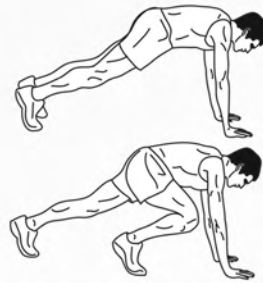
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



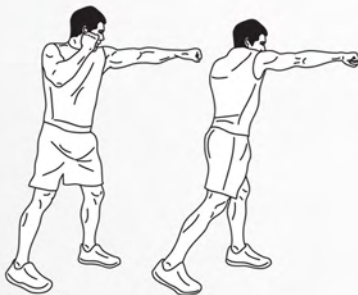
10 squats



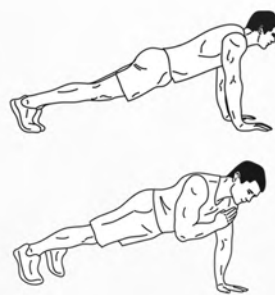
10 slow climbers



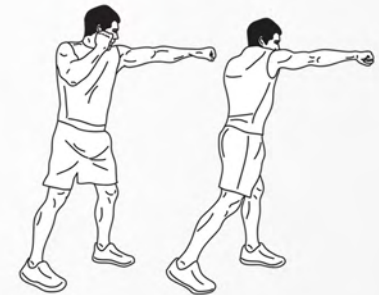
10 lunges



20 punches



20 shoulder taps



20 punches



20sec elbow plank hold



20sec raised leg plank



20sec side elbow plank