

# GRIT & GRACE

WORKOUT  
BY DAREBEE

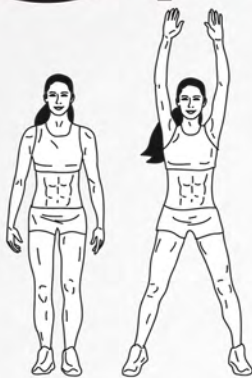
@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



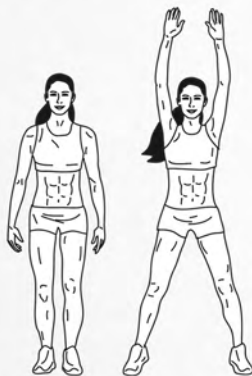
**30** jumping jacks



**20** pacer steps



**10** squat hold calf raises



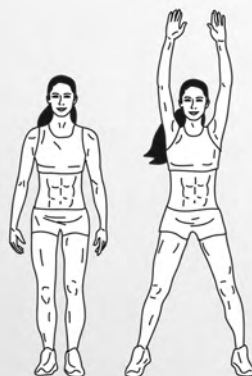
**30** jumping jacks



**20** pacer steps



**10** deadlifts with twist



**30** jumping jacks



**20** pacer steps



**10** side leg raises