

ACTION **HERO**

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10-count plank



10 plank leg raises



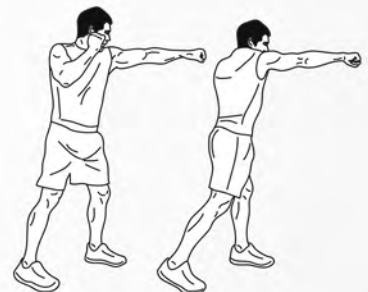
4 jump squats



10-count plank



4 push-ups



40 punches



10-count plank



10 plank rotations



4 jump squats