

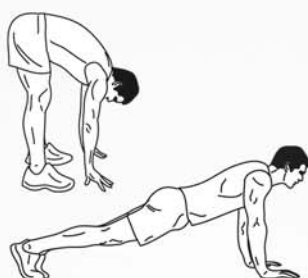
GAMBIT

DAREBEE WORKOUT @ darebee.com

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



10 squats



4 plank walk-outs



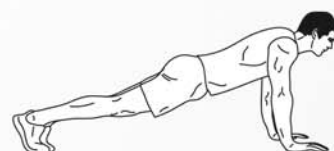
10-count plank hold



10 squats



4 knee push-ups



10-count plank hold



10 squats



4 plank-into-lunges



10-count plank hold