

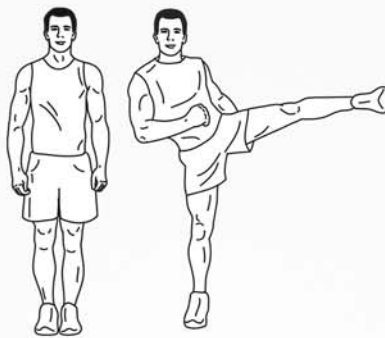
# GUARDIAN

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**10** squats



**20** side leg raises



**10** lunges



**5** close grip push-ups



**10** push-ups



**10-count** elbow plank



**10** sit-ups



**10** butt-ups



**10** full bridges