

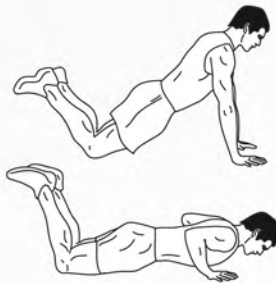
UNBREAKABLE

DAREBEE WORKOUT @ darebee.com

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



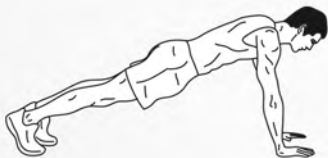
20 squats



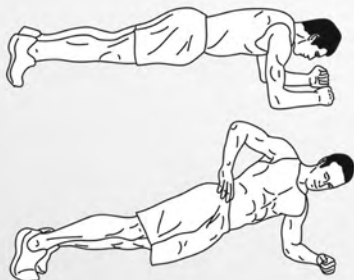
6 knee push-ups



20 knee strikes



6 up and down planks



10 plank rotations



10 body saw



10 plank rolls