

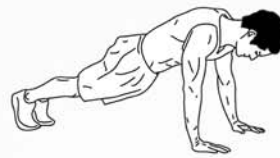
# BODY HACK

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

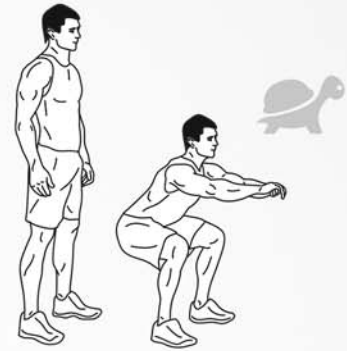
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



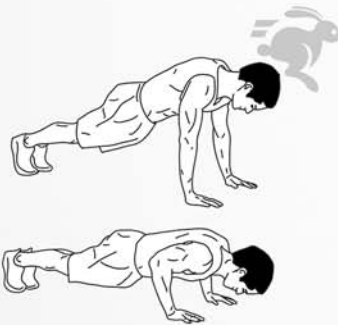
**10** fast squats



**10-count** plank



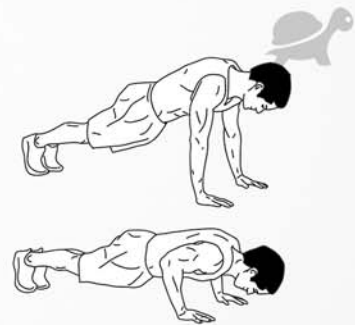
**10** slow squats



**5** fast push-ups



**10-count** plank



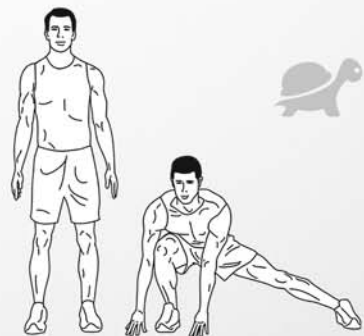
**5** slow push-ups



**10** fast side-to-side lunges



**10-count** plank



**10** slow side lunges