

choosing to be  
**Exceptional**

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

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



**20** squats



**5** push-ups



**20** bridges



**20** knee-to-elbows



**5** reverse crunches



**5** superwoman stretches