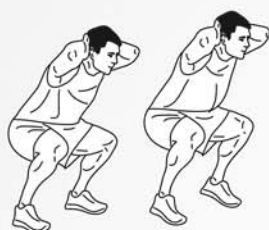


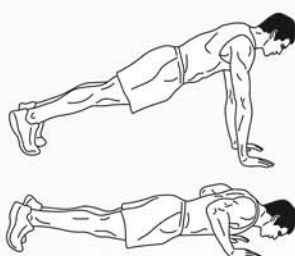
# ENLISTED

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

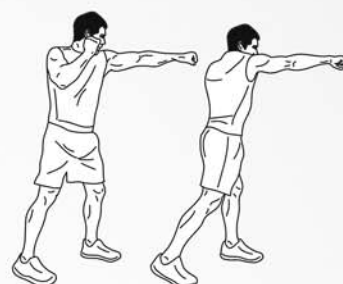
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



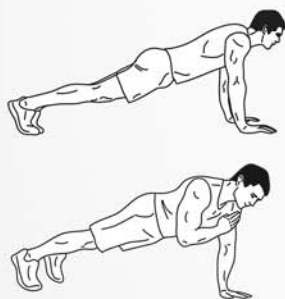
**20** squat hops



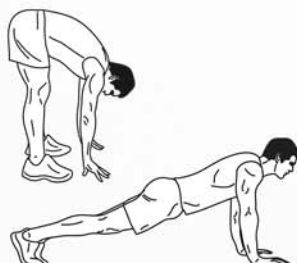
**20** push-ups



**20** punches



**10** shoulder taps



**5** plank walk-outs



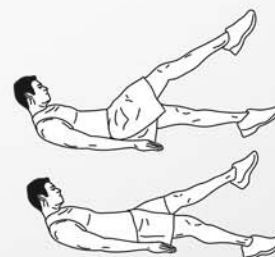
**10** plank rotations



**20** lunges



**10** side-to-side lunges



**20** flutter kicks