

LICENSE TO SWEAT

DAREBEE WORKOUT @ darebee.com

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



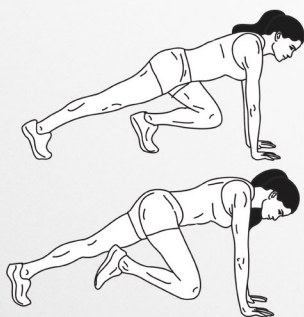
10 high knees



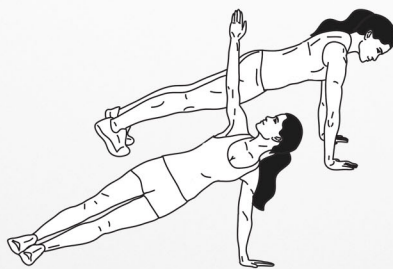
10 butt kicks



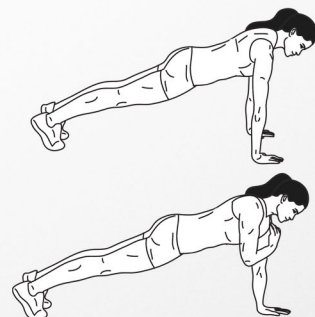
10 lunge step-ups



10 climbers



10 plank rotations



10 shoulder taps