

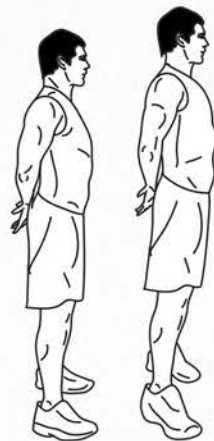
# MAXIMUS

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

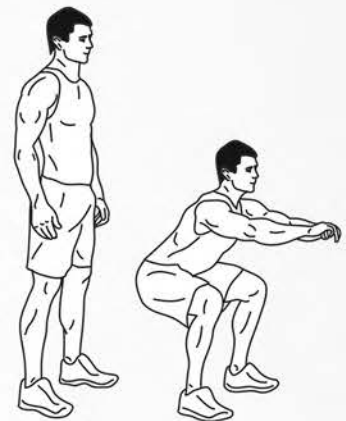
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



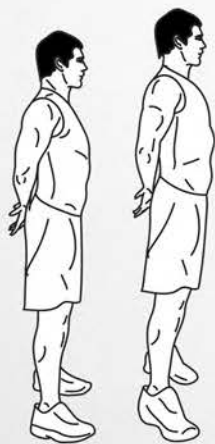
**20** squats



**20** calf raises



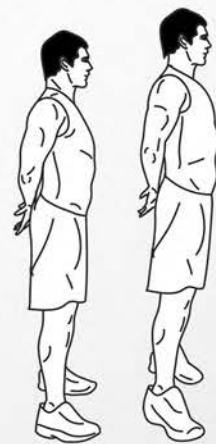
**20** squats



**20** calf raises



**40** lunges



**20** calf raises