

DAREBEE WORKOUT
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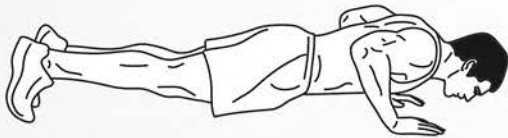
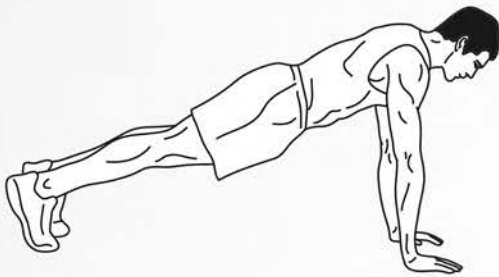
LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

PUSH SQUAT REPEAT



4 reps push-ups

4 reps squats

10 reps push-ups

10 reps squats

4 reps push-ups

4 reps squats

10 reps push-ups

10 reps squats

rest