

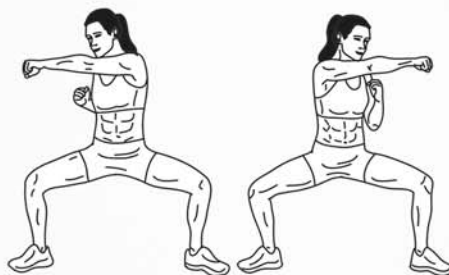
# ANTHEM

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

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



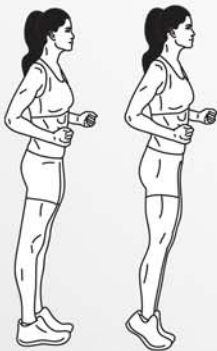
4 squats



20 squat hold punches



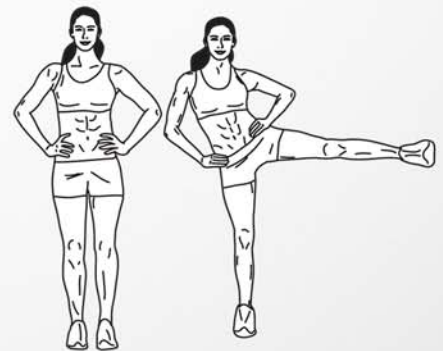
4 squats



4 calf raises



4 squats



20 side leg raises