

# GYMNAST

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



**40** high knees



**10** jump squats



**20-count** balance hold



**20-count** split hold



**max** push-up crunches



**20-count** push-up plank



**max** pull-ups