

ADONIS

DAREBEE WORKOUT @ darebee.com

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



10 jumping lunges



6 close grip push-ups



6 tricep extensions



10 jumping lunges



6 plank walk-outs



6 shoulder taps



10 jumping lunges



6 raised leg push-ups



6 side plank crunches