

AMAZON

DAREBEE WORKOUT @ darebee.com

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



2 jump squats



10 jumping lunges



2 hop heel clicks



6 push-ups



2 close grip push-ups



20 punches



10-count elbow plank



20-count raised leg plank



20-count side plank