

CHANGE IT UP

DAREBEE WORKOUT @ darebee.com

Repeat 5 times in total | up to 2 minutes rest between sets



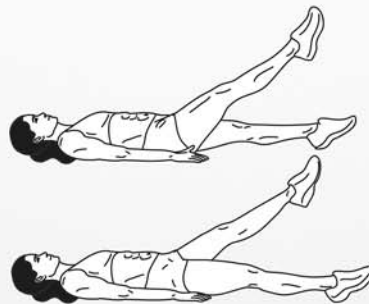
5 basic burpees



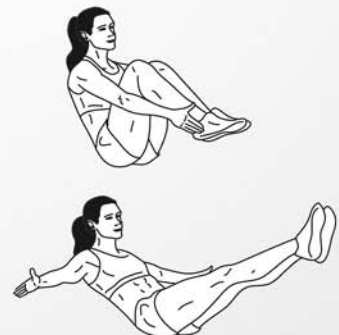
10 single leg deadlifts



5 upward downward dog



10 flutter kicks



10 boat folds