

CHISEL

DAREBEE WORKOUT @ darebee.com

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



20 high knees



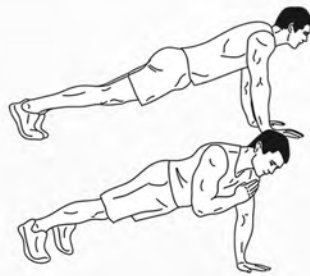
10 squats



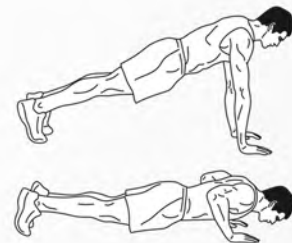
2 jump squats



20 high knees



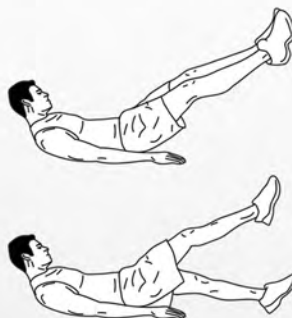
10 shoulder taps



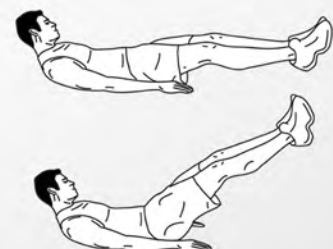
2 push-ups



20 high knees



10 flutter kicks



2 leg raises