

FRONTIER

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



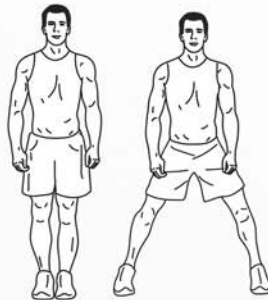
20sec plank hold



20sec high knees



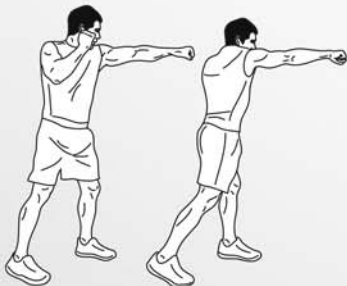
20sec plank hold



20sec half jacks



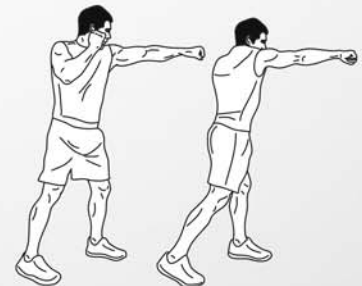
20sec plank hold



20sec punches



20sec plank hold



20sec punches