

LOKI

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

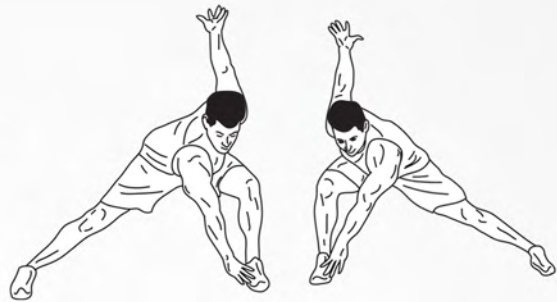
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



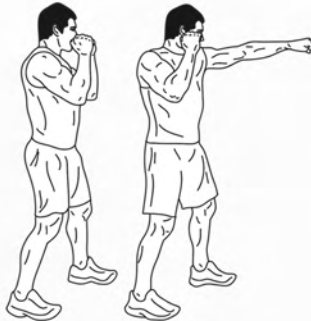
10 side-to-side jumps



10 speed skater slides



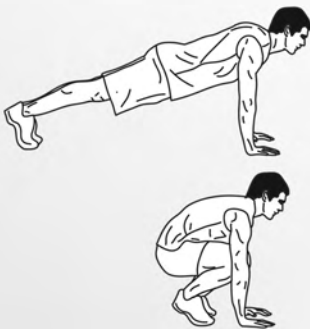
20 high knees



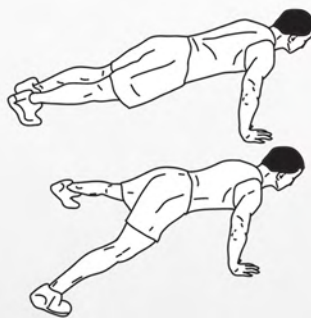
20 punches



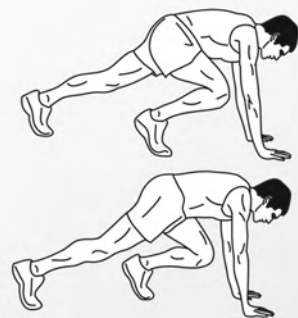
4 twist jacks



4 plank jump-ins



4 plank jacks



10 climbers