

movie night

DAREBEE WORKOUT @ darebee.com

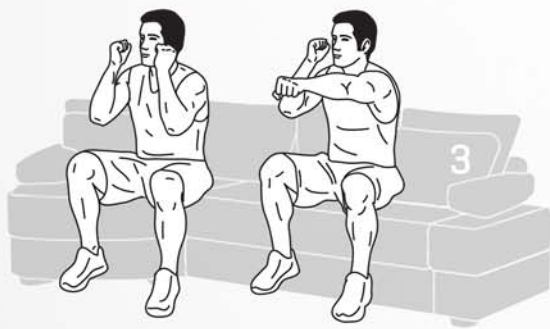
Repeat 3 times | up to 2 minutes rest between sets
or every 20 minutes during a movie



10 leg swings



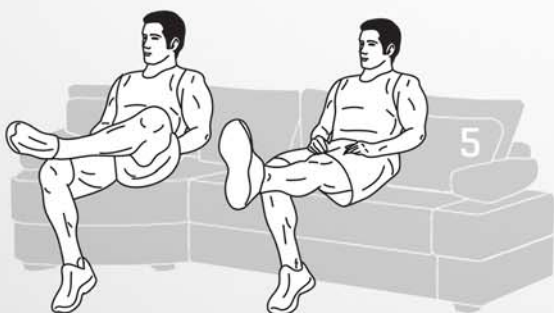
10 front snap kicks



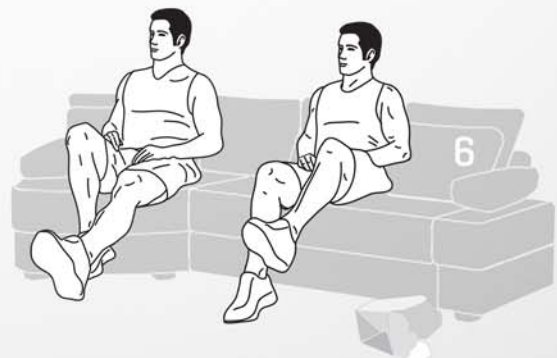
20 punches



20 overhead punches



10 knee taps



10 air bike crunches