

OVERTIME

DAREBEE WORKOUT © darebee.com

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



20 high knees



2 jump squats



20 bicep extensions



20 high knees



2 jump squats



20 shoulder taps



20 high knees



2 jump squats



20 side shoulder taps