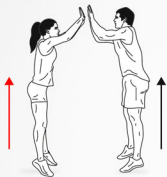


together

DAREBEE WORKOUT © darebee.com



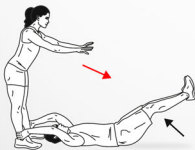
10 high five jump squats
5 sets | 60 seconds rest



60 seconds
back-to-back squat hold



10 hand clasp lunges
5 sets | 60 seconds rest



10 push away leg raises
5 sets | 60 seconds rest



10 over & under raised leg circles
5 sets | 60 seconds rest