

ACROBAT

DAREBEE WORKOUT © darebee.com

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



10 jumping Ts



10 half squat Ts



20-count balance hold



20 side leg raises



10 balance side lunges



10 balance kick back



10 planks with rotations



10 climbers



10 alt arm / leg raises