

ALOY

DAREBEE WORKOUT @ darebee.com

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



6 basic burpees



10 climbers



6 plank rotations



6 basic burpees



10 palm strikes



6 arm rotations



6 basic burpees



10 butt kicks



6 jumping lunges