

ASTRONAUT

DAREBEE WORKOUT © darebee.com

30 seconds rest between exercises



20 jumping jacks
x 3 sets in total
30 seconds rest
between sets



10 push-ups **x 3 sets** in total
30 seconds rest between sets



10 lunges
x 3 sets in total
30 seconds rest
between sets



30sec elbow plank **x 3 sets**
30 seconds rest between sets



30sec wall-sit
x 3 sets in total
30 seconds rest
between sets



30sec raised leg hold **x 3 sets**
30 seconds rest between sets