

BAT OUT OF HELL

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

2 minutes rest between sets



20 high knees

2 push-ups

20 high knees

2 basic burpees w/ jump

20 high knees

2 push-ups

20 high knees

2 basic burpees w/ jump