

Chapter 1

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks



6 squats



10 jumping jacks



10 march steps



10 jumping jacks



10 knee-to-elbow



10 jumping jacks



6 lunge step-up



10 jumping jacks