

GLOVES OFF!

DAREBEE WORKOUT @ darebee.com

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



10 jump squats



5 jump knee tucks



10 burpees



10 squat hold toe rolls



5 plank walk-outs



10 shoulder taps



10 push-up crunches