

# GOOSEBUMPS

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20 jumping jacks



10 twists



20 jumping jacks



20 knee-to-elbow



10 twists



20 knee-to-elbow



20 jumping jacks