

GUESS WHO IS BACK

DAREBEE WORKOUT

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60 seconds rest
between exercises



40 jumping jacks
5 sets | 60 seconds rest



40 split jacks
5 sets | 60 seconds rest



40 seal jacks
5 sets | 60 seconds rest



20 elbow plank crunches
change sides and repeat
60 seconds rest



20 side bridges
change sides and repeat
60 seconds rest