

# MORNING

WORKOUT by DAREBEE

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## UPGRADE



**30** jumping jacks  
**3 sets** in total  
**60 seconds** rest



**30** reverse lunges  
**3 sets** in total  
**60 seconds** rest



**30** knee-to-elbow  
**3 sets** in total  
**60 seconds** rest



**2 minutes**  
elbow plank hold



**3 minutes**  
side elbow plank hold  
90sec per side