

On The Roll

DAREBEE WORKOUT @ darebee.com

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



20 high knees



10 plank rolls



4 seagulls



20 high knees



10 plank rolls



4 bodysaw



20 high knees



10 plank rolls



4 side bridges