

Sky Ripper

DAREBEE WORKOUT © darebee.com

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



20combos squat + front kick



20 elbow strikes



20sec plank hold



5 push-ups



20sec push-up plank hold



20 crunches



5 leg raises



20 sitting twists