

SPINNER

DAREBEE **LIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec raised leg circles



20sec twists



20sec raised leg circles



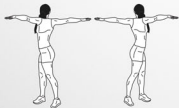
20sec arm circles



20sec wide arm circles



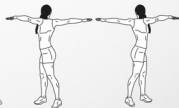
20sec arm circles



20sec raised arms twists



20sec windmills



20sec raised arms twists