SWEAT SESSION

DAREBEE WORKOUT © darebee.com

5 sets | 2 minutes rest between sets





- 10 iumping jacks
- 2 jump squats
- 10 jumping jacks
- 2 jump squats
- 10 jumping jacks
- 2 jump squats
- 10 iumping jacks
- 2 jumo squats
- 10 jumping jacks
- 2 jumn squats