

TURKEY RUN

DAREBEE WORKOUT © darebee.com

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



20 high knees

2 squat & press

20 high knees

2 squat & press

20 high knees

2 squat & press



20 high knees

2 squat & press

20 high knees

2 squat & press