

UNFORGETTABLE

DAREBEE WORKOUT © darebee.com

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



10-count one-arm
plank hold



8 jumping lunges



10-count one-arm
plank hold



8 raised-leg push-ups



8 jumping lunges



8 side crunch push-ups



8 jumping lunges