

ace

DAREBEE WORKOUT © darebee.com

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



10 half jacks



10 arm circles



10 lunge step-ups



10 half jacks



10 twists



10 side leg raises



10 half jacks



10 punches



10 staggered deadlifts