

AFTERSHOCK

DAREBEE WORKOUT © darebee.com

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



5 jump squats



20 jumping jacks



5 jump squats



20 jumping jacks



5 burpees



20 jumping jacks



5 jump squats



20 jumping jacks



5 jump squats