

AIR FORCE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 high knees



20 climbers



20-count hold



10+ plank jack push-ups



4+ basic burpee with jump tuck

OPTIONAL

If you have access to a pull-up bar when doing the basic burpee with tuck, jump up and do a pull-up.

