

ALTER EGO

DAREBEE WORKOUT © darebee.com

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



10 jump squats



20 side kicks



10 jump squats



20-count elbow plank



10 up & down planks



20-count elbow plank



20 punches



20 overhead punches



20 punches