

ANGEL

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks



20 arm circles



10 jumping jacks



4 lunge step-ups



10 jumping jacks



4 lunge step-ups



10 jumping jacks



20 arm circles



10 jumping jacks