

ASCENSION

DAREBEE **HIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



15sec jumping lunges



15sec jumping jacks



15sec jump squats



15sec jumping jacks



15sec basic burpees



15sec jumping jacks



15sec jumping lunges



15sec jumping jacks



15sec jump squats