

AURORA

DAREBEE WORKOUT © darebee.com

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



20 march steps



10 knee-to-elbows



10 side leg raises



20 march steps



10 knee-to-elbows



10 calf raises



20 march steps



10 knee-to-elbows



10 twists