

Bounceback

DAREBEE WORKOUT @ darebee.com

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



20 bounce on the spot
(hops)



10 jumping jacks



20 bounce on the spot
(hops)



10 seal jacks



20 bounce on the spot
(hops)



10 split jacks