CHRISTMAS POCKOUT

DAREBEE WORKOUT © darebee.com

5 sets before lunch | 2 minutes rest between sets



10 jumping jacks



 $\mathbf{6}$ knee-to-elbows



10 jumping jacks



10 high knees



 $\mathbf{6}$ knee-to-elbows



10 high knees



10 squats



6 knee-to-elbows



10 squats