

JOURNEYMAN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 reverse lunges



20 shoulder taps



10 plank rotations



10 reverse lunges



20 shoulder taps



10 climber taps



10 reverse lunges



20 shoulder taps



10 back extensions