

PUMP & BURN

DAREBEE WORKOUT @ darebee.com

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



20 bicep extensions

10 jumping jacks

20 bicep extensions

10 jumping jacks

20 bicep extensions

10 jumping jacks



20 bicep extensions

10 jumping jacks

20 bicep extensions

10 jumping jacks