

RUFFIAN

DAREBEE WORKOUT @ darebee.com

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



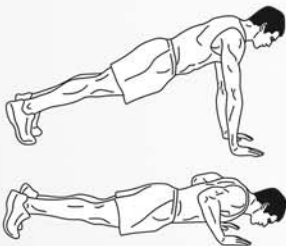
30 squats



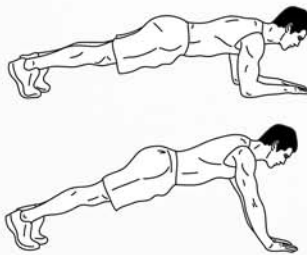
3 jump knee-tucks



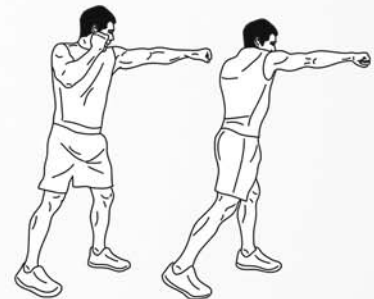
30 side kicks



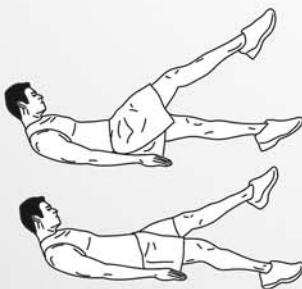
30 push-ups



3 tricep extensions



30 punches



30 flutter kicks



3 sit-ups



30 side jackknives