

SIZE UP

DAREBEE WORKOUT @ darebee.com



16 cossack squats
5 sets | 30sec rest



16 calf raises
5 sets | 30sec rest



16 single leg squats
5 sets | 30sec rest



max push-ups
5 sets | 30sec rest



16 shoulder taps
5 sets | 30sec rest



16 flutter kicks
5 sets | 30sec rest



16 sit-ups
5 sets | 30sec rest



16 sitting twists
5 sets | 30sec rest