

torch

DAREBEE WORKOUT © darebee.com

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



20 high knees



10 side leg raises



10 plank leg raises



20 high knees



10 butt kicks



10 plank leg raises



20 high knees



10 jumping jacks



10 plank leg raises