THE ROAD TO VALHALLA

DARFREE WORKDUT © darehee.com

LEVEL 1.3 sets LEVEL II. 5 sets LEVEL III. 7 sets REST up to 2 minutes



10 jumping lunges



10 calf raises



10 jumning lunges



10 calf raises



10 jump squats



10 calf raises



to fatigue push-ups