

cardio & core burn

DAREBEE
WORKOUT

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20 high knees



4 climber taps



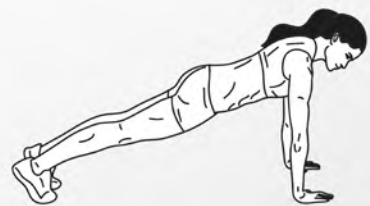
20 high knees



4 plank rotations



20 high knees



20-count plank hold