

SQUARE ONE

DAREBEE WORKOUT @ darebee.com

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



10 jumping jacks



10 march twists



10 side leg raises



10 jumping jacks



10 step jacks



10 side jacks



10 jumping jacks



10 chest expansions



10 raised arm circles