

beginner circuit

WORKOUT

by DAREBEE

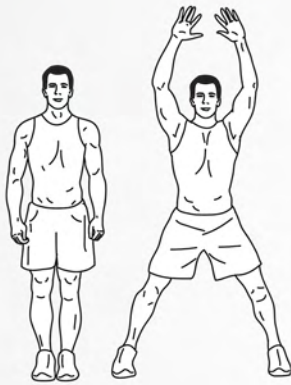
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

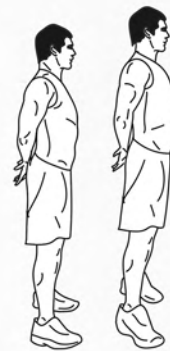
2 minutes rest



12 jumping jacks



6 squats



6 calf raises



12 raised arm circles



6 shoulder taps



6 plank rotations