

HOLIDAY MODE

DAREBEE WORKOUT @ darebee.com

60 seconds rest between exercises

HARD



24 split lunges

4 sets | 30 seconds rest



12 calf raises

4 sets | 30 seconds rest



24 side leg raises

4 sets | 30 seconds rest



max pull-ups

2 sets | 60 seconds rest



12 knee-in & twist

2 sets | 60 seconds rest