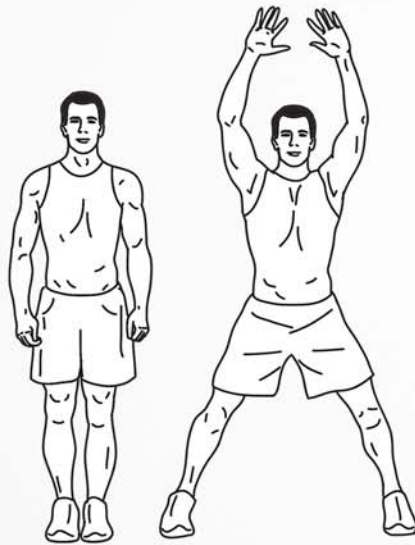


# ROLLER COASTER

WORKOUT by DAREBEE © [darebee.com](https://darebee.com)

3 sets | 2 minutes rest in between sets



**10** jumping jacks

**one** squat

**10** jumping jacks

**one** squat

**10** jumping jacks

**one** squat

**10** jumping jacks

**one** squat



**10** jumping jacks

**one** squat