

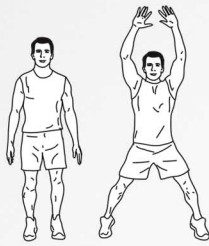
# Fitness Drills



pick a drill or roll the dice



60 minutes between drills @ [darebee.com](https://darebee.com)



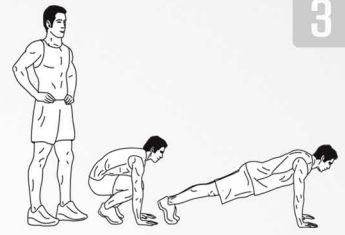
1

60 jumping jacks



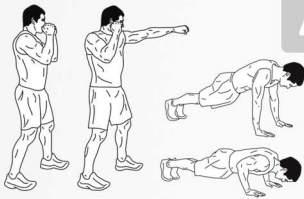
2

60 high knees



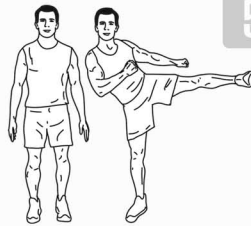
3

20 burpees



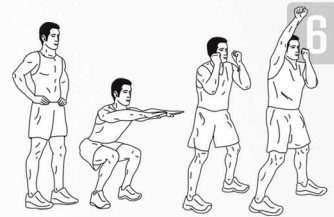
4

20 punches + 5 push-ups  
3 sets back-to-back



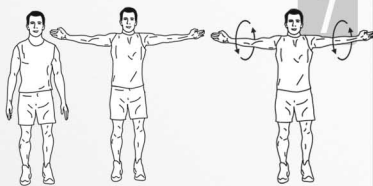
5

60 side leg raises



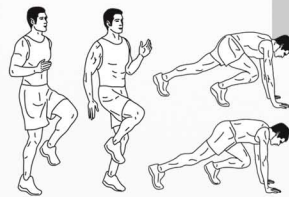
6

20 squats  
40 overhead punches



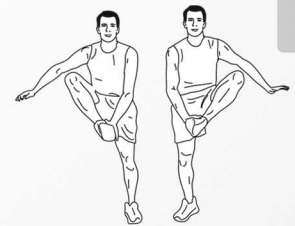
7

40 arm raises  
40 raised arm circles



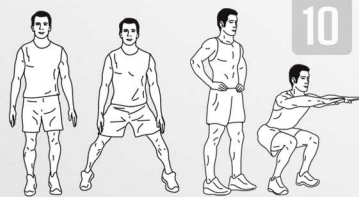
8

40 high knees  
20 climbers



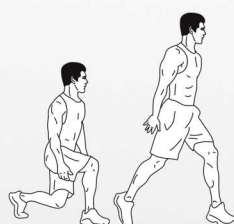
9

60 toe tap hops



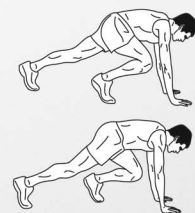
10

10 half jacks + 10 squats  
3 sets back-to-back



11

40 jumping lunges



12

60 climbers