

# BAD KNEES

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**max** knee push-ups



**12** alt arm/leg raises



**40** raised leg swings



**12** bridges



**40** side leg raises



**12** reverse angels