

# BASKETBALL

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

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



**10combos:** 1 push-up + 10 high knees

**10** side-to-side jumps



**10** plank jump-ins

**10-count** squat hold

**10** jump squats



**20** crunch kicks

**20** sitting twists