

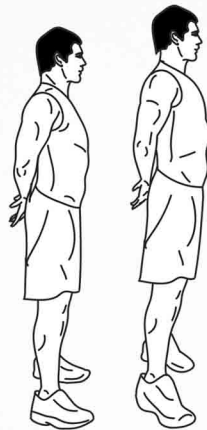
BLADE **RUNNER**

DAREBEE WORKOUT @ darebee.com

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



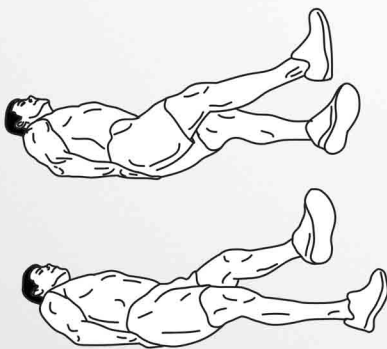
40 high knees



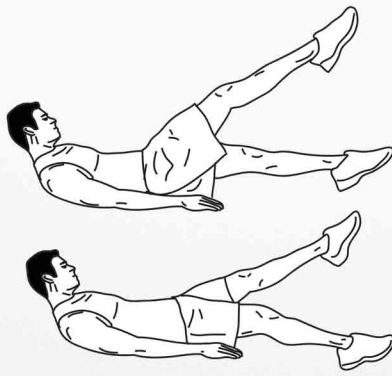
20 calf raises



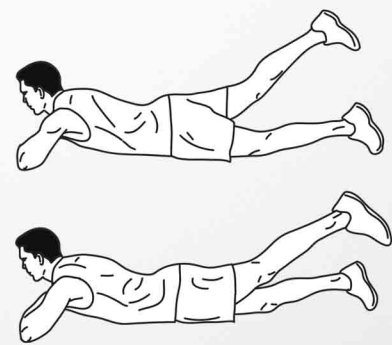
40 high knees



20 scissors



20 flutter kicks



20 reverse flutter kicks