

BOY, THAT ESCALATED QUICKLY

DAREBEE
WORKOUT

@ darebee.com



LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

up to 2 minutes rest
between sets



4 jumping jacks

4 high knees

2 side-to-side jumps

8 jumping jacks

8 high knees

2 side-to-side jumps



10 jumping jacks

10 high knees

2 side-to-side jumps