

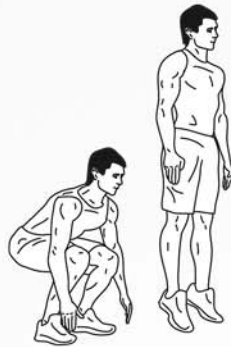
breathless

DAREBEE WORKOUT @ darebee.com

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



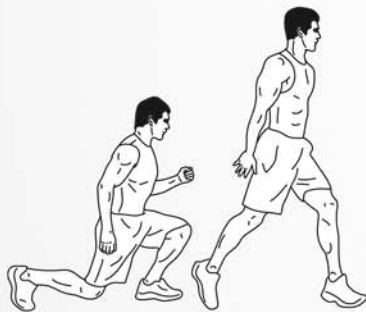
20 high knees



2 jump squats



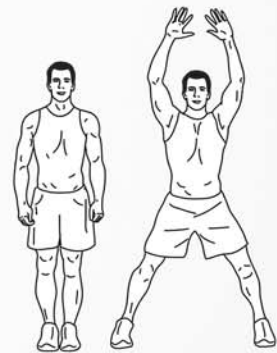
20 high knees



2 jumping lunges



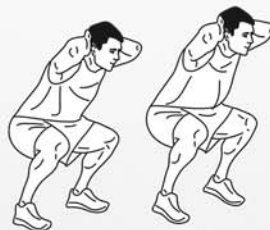
20 high knees



2 jumping jacks



20 high knees



2 squat hops



20 high knees