

# *the* **Crawler**



DAREBEE WORKOUT

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5 sets | 2 minutes rest between sets

**20** high knees

**10** bear crawl

**4** side-to-side hops

**20** high knees

**10** bear crawl

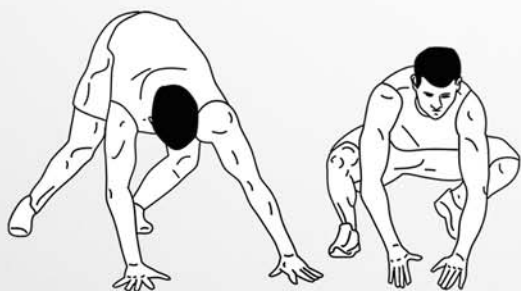
**4** side-to-side hops

**20** high knees

**10** bear crawl

**4** side-to-side hops

done



*Tip for small spaces: go back and forth for bear crawls*