

# HAVOC

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

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



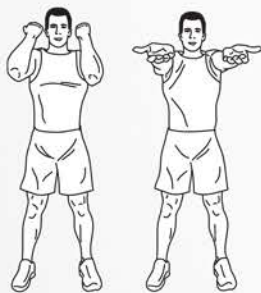
**10** side-to-side leg raises



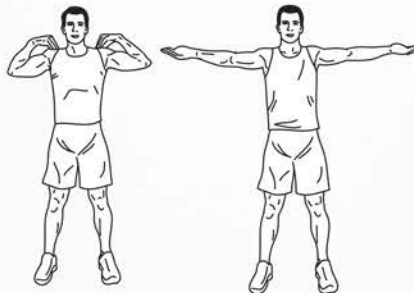
**4** fast front kicks



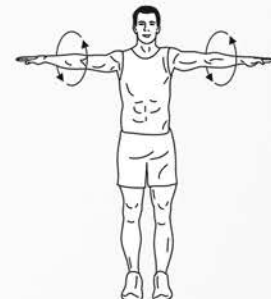
**20** butt kicks (sprint!)



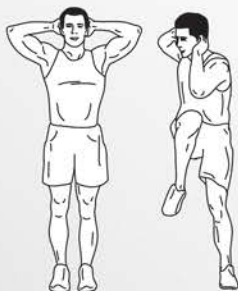
**10** bicep extensions



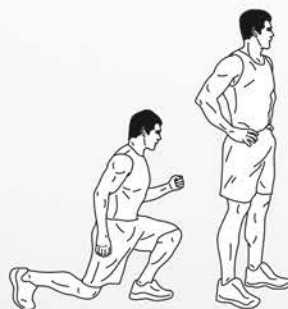
**10** side shoulder taps



**20** arm circles



**10** knee to elbows



**4** fast reverse lunges



**20** high knees (sprint!)