

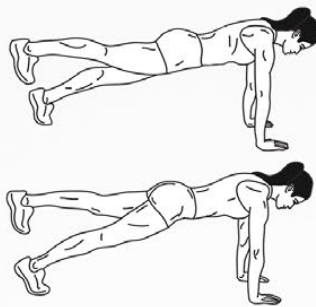
# Haywire

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

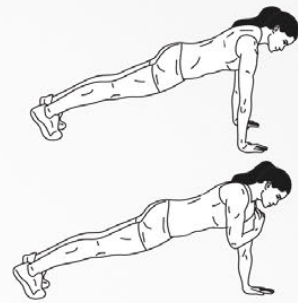
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



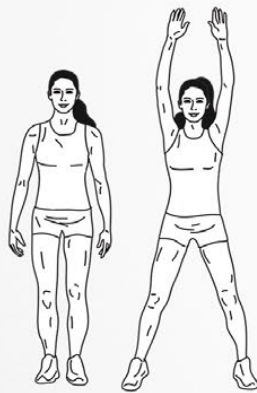
10 high knees



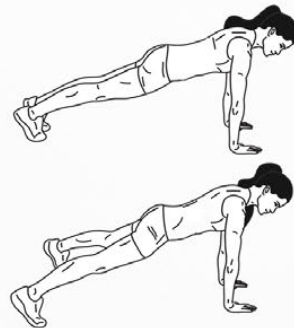
4 plank leg raises



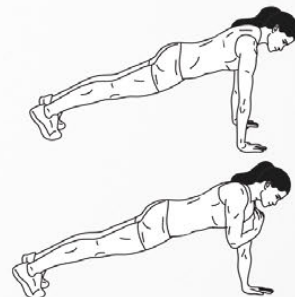
4 shoulder taps



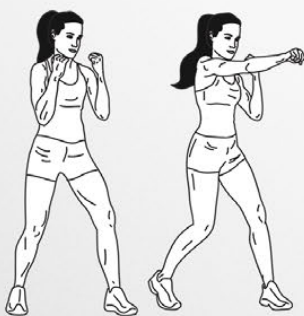
10 jumping jacks



4 plank jacks



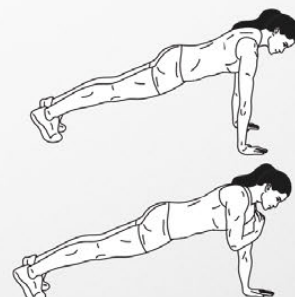
4 shoulder taps



10 punches



4 plank jump-ins



4 shoulder taps