

# HIGHTAIL

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

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



**20** march steps



**20** high knees



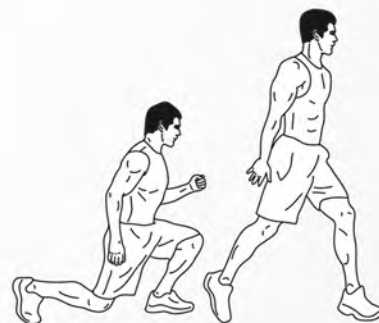
**2** jump squats



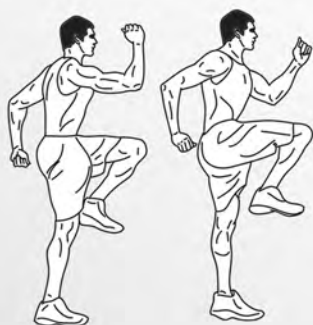
**20** march steps



**20** high knees



**2** jumping lunges



**20** march steps



**20** high knees



**2** jump knee tucks