

# JINN

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** half jacks



**6** hop heel clicks



**20** butt kicks



**20** high knees



**6** jumping lunges



**20** push lunges



**6** calf raises