

of kitsune

DAREBEE WORKOUT @ darebee.com

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



20 high knees



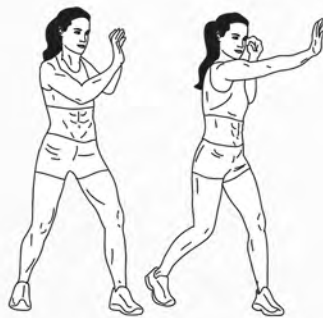
20 squats



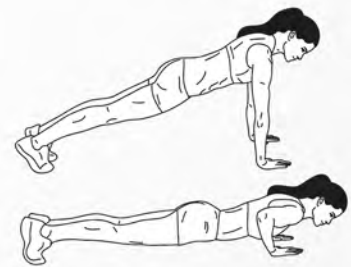
4 jump knee tucks



20 high knees



20 palm strikes



4 push-ups



20 high knees



20 lunges



4 jumping lunges