

MAXIMUM BURN

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

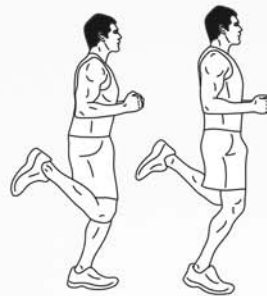
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 high knees



10 butt kicks



10 high knees



2 hop heel clicks



10 high knees



2 hop heel clicks



10 high knees



10 butt kicks



10 high knees