

# OVER & UNDER

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



**20** high knees



**one** jump knee-tuck



**20** high knees



**one** jump knee-tuck



**5** up & down planks



**one** jump knee-tuck



**20** climbers