

PERFECT RUN

DAREBEE WORKOUT © darebee.com

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



4 lunge step-ups



20 high knees



20 straight leg bounds



4 lunge step-ups



20 high knees



4 jumping lunges



4 lunge step-ups



20 high knees



20 butt kicks