

POWER RUN

DAREBEE WORKOUT

@ darebee.com

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



20 high knees

2 push-ups

20 high knees

2 push-ups

20 high knees

2 push-ups

20 high knees

2 push-ups

20 high knees

2 push-ups

20 high knees

2 push-ups

done

