

# RUN, YOU CLEVER BOY; AND REMEMBER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**20** high knees, then  
**2** shoulder taps



**20** high knees, then  
**2** plank jump-ins



**20** high knees, then  
**2** planks rotations



**20** high knees, then  
**2** plank jacks



**20** high knees, then  
**2** alt arm / leg raises