

# SQUID GAMER

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

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



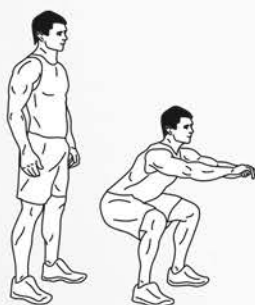
**20** high knees



**20-count** balance hold



**20** high knees



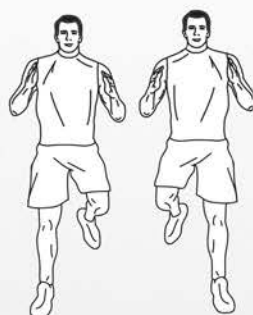
**10** squats



**20-count** balance hold



**10** squats



**10** side-to-side hops