

TEMPLE 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

jump to the left

20 high knees

jump to the right

20 high knees

jump to the left

20 high knees

jump to the right

20 high knees

jump to the left

20 high knees

jump to the right

