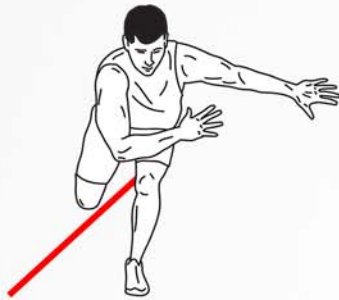


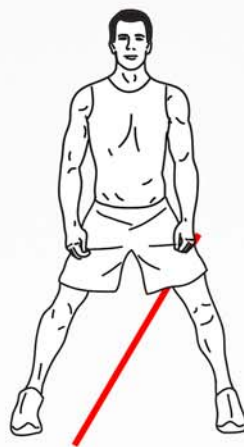
# BORDERLINE

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes  
draw a line on the floor



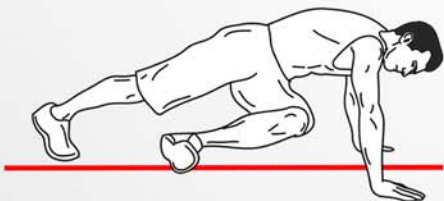
**10** side-to-side  
over the line jumps



**10** hop and turn  
over the line



**10** double hop, squat and  
turning jump



**10** over the line  
cross climbers



**10** hop and heel  
click over the line



**10** knee to elbow  
over the line