



marks the spot

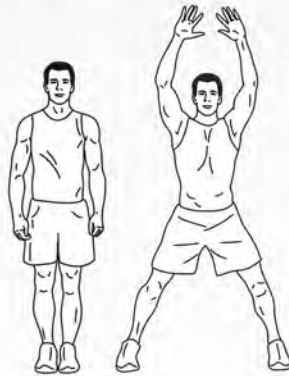
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



20 high knees



10 jumping jacks



2 jump squats



20 high knees



10 twist jacks



2 jump squats



20 high knees



10 split jacks



2 jump squats