

# double dash

DAREBEE WORKOUT

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

LEVEL I 3 sets

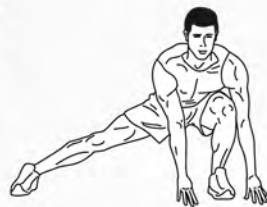
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



40 high knees



deep side lunge



40 high knees

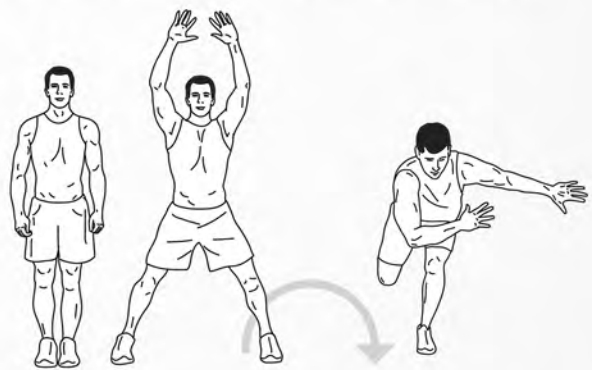


deep side lunge



20 jumping jacks

jump to the side



20 jumping jacks

jump to the side



40 high knees



jump knee tuck



40 high knees



jump knee tuck