

UP, UP, & UP

DAREBEE
WORKOUT

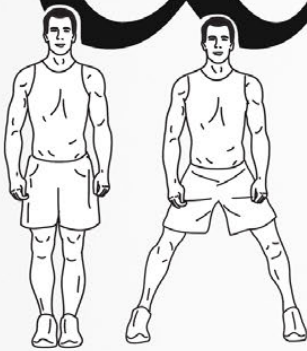
@ darebee.com

LEVEL I 3 sets

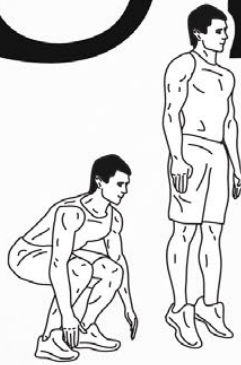
LEVEL II 5 sets

LEVEL III 7 sets

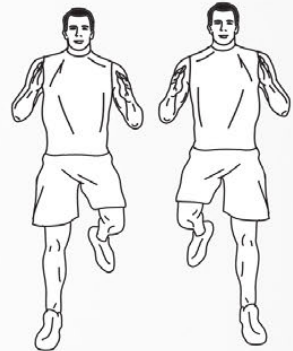
REST up to 2 minutes



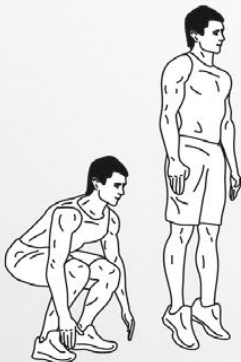
10 half jacks



2 jump squats



10 side-to-side hops



2 jump squats



10 hops on the spot



2 jump squats