

# ACCELERATOR

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 split jacks



20 jumping jacks



20 split jacks



20 high knees



20 split jacks



20 high knees



20 split jacks