

ACHILLES

DAREBEE WORKOUT @ darebee.com

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



20 high knees



4 jumping lunges



4 calf raises



20-count calf raise hold



20 combos knee strike + elbow strike



10 knee-to-elbows



10 get-ups



10 single leg bridges