

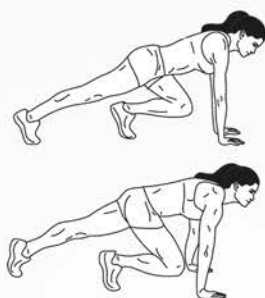
BLAZE

DAREBEE WORKOUT @ darebee.com

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



20 high knees



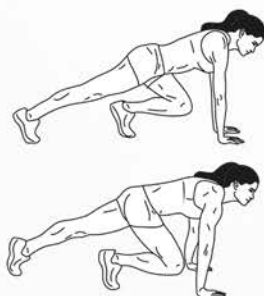
10 climbers



10-count side plank hold



20 high knees



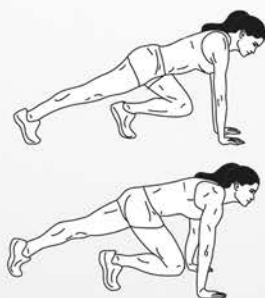
10 climbers



10 side planks



20 high knees



10 climbers



10-count side plank hold