

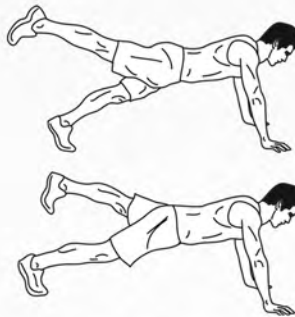
CHASE

DAREBEE WORKOUT @ darebee.com

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



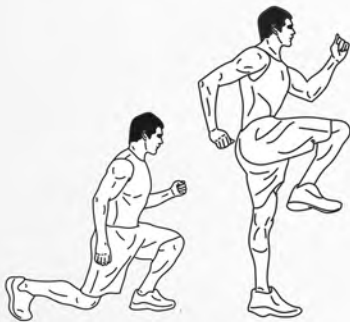
20 high knees



4 plank leg raises



4 hop heel clicks



10 lunge step-ups



4 squats



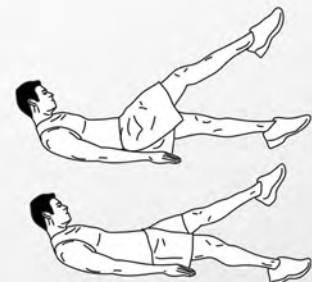
4 calf raises



20 high knees



2 side-to-side jumps



20 flutter kicks