

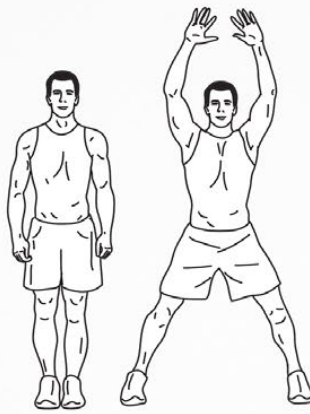
# Code Red

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

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



**20** high knees



**20** jumping jacks



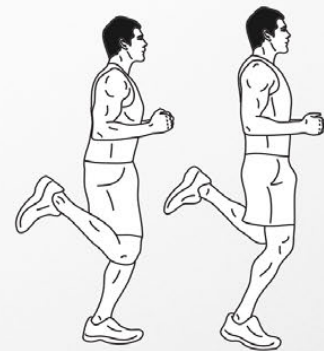
**20** high knees



**20** split jacks



**20** high knees



**20** butt kicks