

EDGERUNNER

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 side-to-side jumps



10 basic burpees



20 high knees



4 side-to-side jumps



10 calf raises



20 high knees



4 side-to-side jumps



10 side-to-side lunges