

# Rascal

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

5 sets | 2 minutes rest between sets



**10** high knees

**2** jumping lunges

**10** high knees

**2** jumping lunges

**10** high knees

**2** jumping lunges

**10** high knees

**2** jumping lunges

**10** high knees

**2** jumping lunges

done

