

# Scout

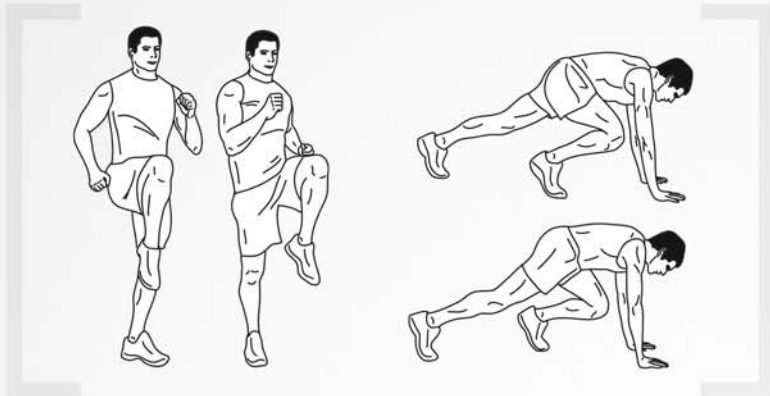
DAREBEE WORKOUT  
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

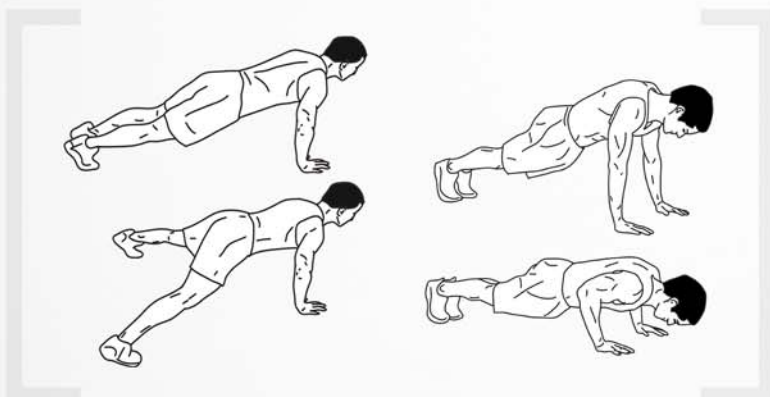
REST up to 2 minutes



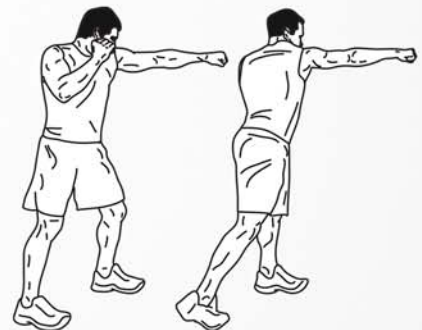
**4combos:** 10 high knees + 4 climbers



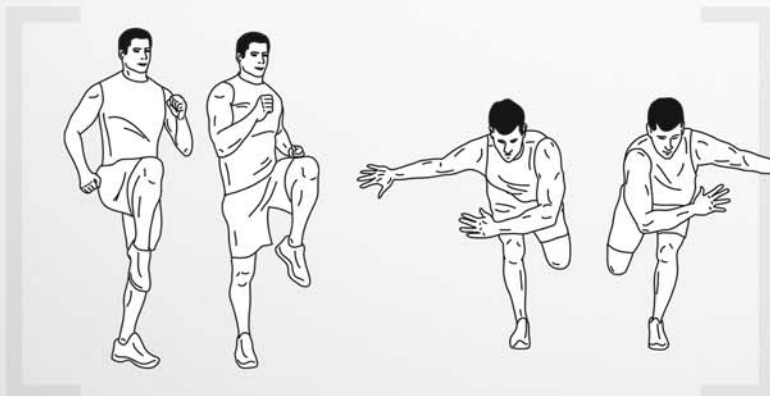
**40** fast high knees



**4combos:** 10 plank jacks + 4 push-ups



**40** fast punches



**4combos:** 10 high knees + 4 side-to-side jumps



**40** fast high knees