

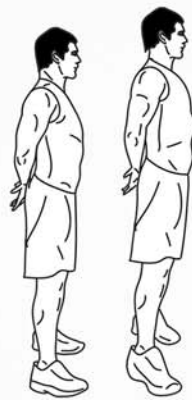
# SLAM DUNK

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

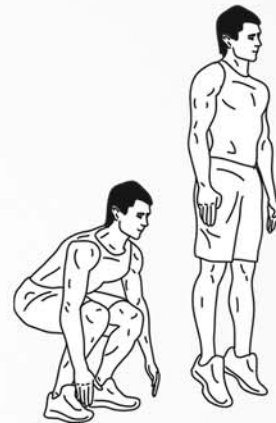
**LEVEL I** 3 sets  
**LEVEL II** 5 sets  
**LEVEL III** 7 sets  
**REST** 2 minutes



**40** squats



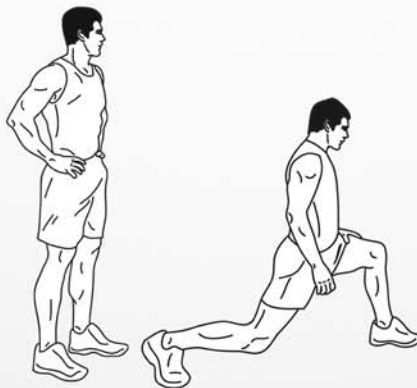
**10** calf raises



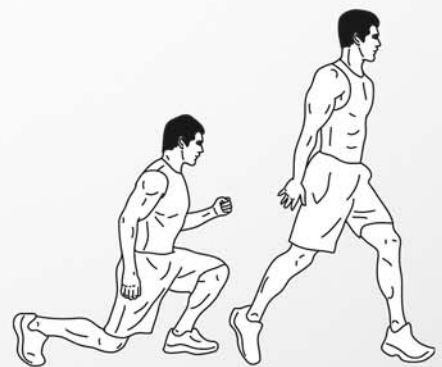
**20** jump squats



**40** high knees



**10** deep lunges



**20** jumping lunges