

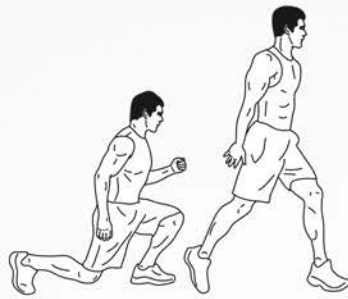
SPEED +1

DAREBEE WORKOUT © darebee.com

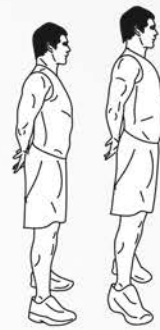
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



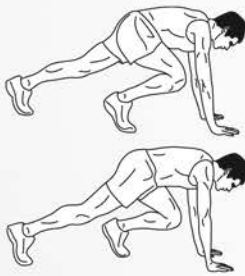
20 high knees



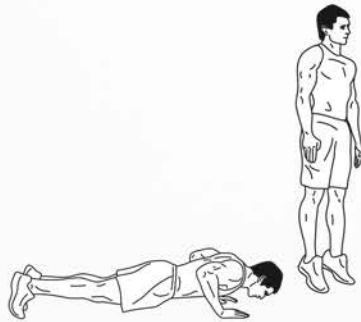
2 jumping lunges



10 calf raises



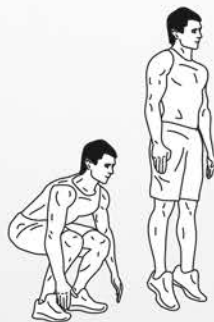
20 climbers



2 burpees



10-count squat hold



2 jump squats