

# TEMPLE RUN

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

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



**20** high knees

jump to the left

**20** high knees

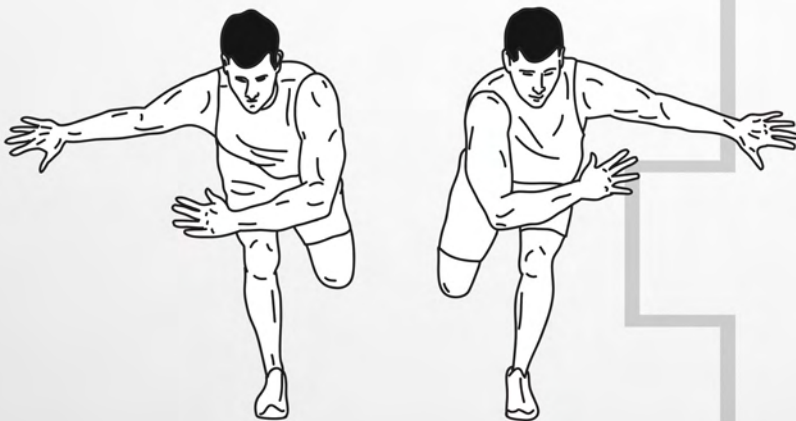
jump to the right

**20** high knees

jump to the left

**20** high knees

jump to the right



**20** high knees

jump to the left

**20** high knees

jump to the right