TEMPLE RUN

DAREBEE WORKOUT © 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