

# ALICE

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

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



20 high knees



20 punches



20 turning kicks



20 front kicks



20 combo squat + hop heel click



10 half wipers



10 sit-up punches



10 crunch kicks