

# BACK ON TRACK

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** squats



**6** push-ups



**20** high knees



**20** calf raises



**6** climbers



**20** jumping jacks