

# BAD DAY **WORKOUT**

by DAREBEE © [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



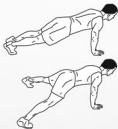
**10** climbers



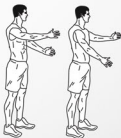
**10** knee-to-elbow



**20** jumping jacks



**10** plank jacks



**10** scissor chops