

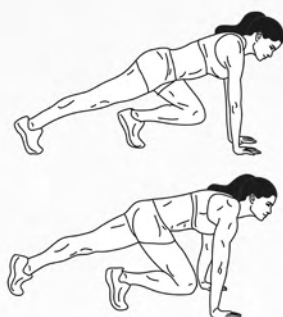
# Blackbird

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



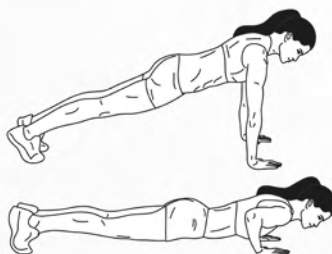
**10** climbers



**20** raised arm circles



**20** high knees



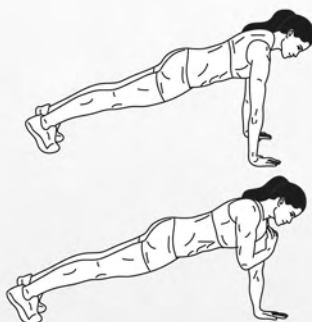
**2** push-ups



**20** raised arm circles



**20** high knees



**10** shoulder taps



**20** raised arm circles